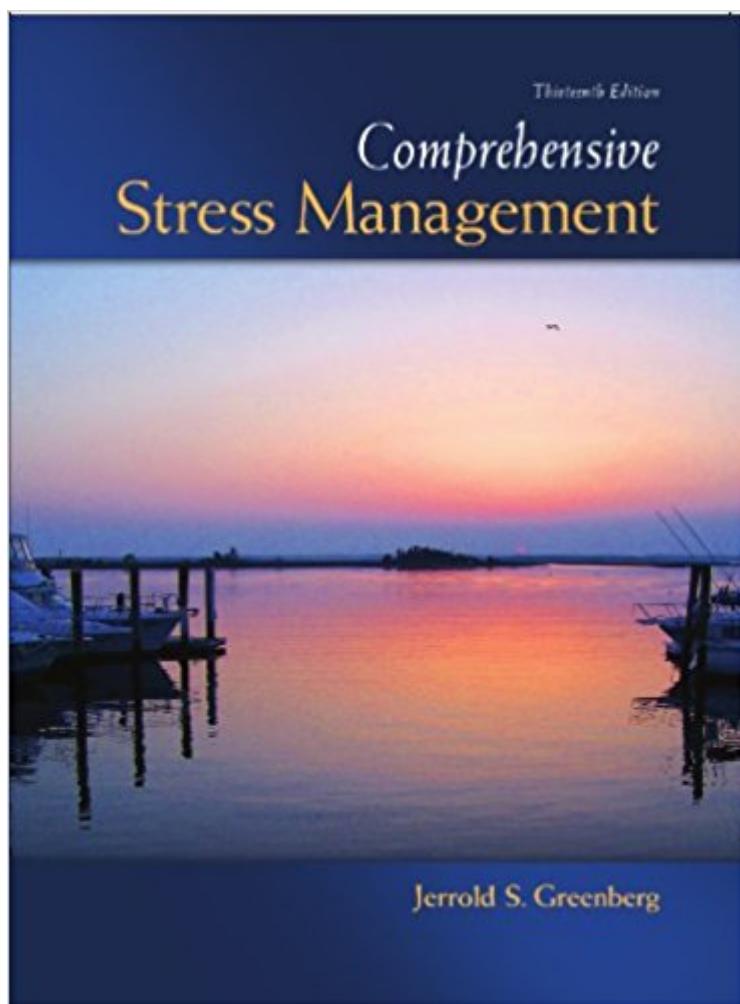


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# Comprehensive Stress Management, 13th Edition



## **Synopsis**

Comprehensive Stress Management empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills to manage that stress. The book examines a variety of topics relevant to college students such as intrapersonal and interpersonal stressors, physiological reactions to stress, spirituality and stress, occupational stress, and family stress. Lab Assessments at the conclusion of each chapter help students relate what they have learned to their personal lives by encouraging them to identify specific attitudes, behaviors, and coping skills as well as target areas for improvement. The 13th edition incorporates many changes and updates while still retaining the content and features valued by instructors and students over the previous editions.

--This text refers to an alternate Kindle Edition edition.

## **Book Information**

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## **Customer Reviews**

This textbook is a rental for my Stress Management class. Condition: Very used - This book was through the wringer before it got to me. The covers are bent, folded and creased; pages are stained and heavily highlighted. It's usable though. Opinion: The author has a healthy ego, that's for sure. He

also has some ideas that aren't connected to reality. The first 3 chapters are total slogs - if I were a medical student they might be helpful, but this is stress management, not anatomy or brain chemistry 101. The "tests" on stress level, personality type, ability to forgive, etc. are so short as to be completely useless. An actual personality test is hundreds of questions and hours long. The text is also presented as though the reader is a perfectly well adjusted, has no mental or emotional issues, Stepford-wife kind of person. Newsflash: those people don't exist. The author also presents his topics in the manner of 'it is all in your head'; 'just do it'; 'make up your mind to change and you'll do so'. That's a terrible way to come at psychological issues according to every psychologist I've ever seen or spoken to, and the psychiatrist I used to see. Overall, I find my Stress Management class to be stress inducing and this textbook isn't helping.

This book was purchased for a college class I'm taking, but I will be keeping it on my shelf for reference when assisting clients with their stress-related issues. The ONLY thing I would change about this book is a SLIGHTLY more exciting format; however, it IS a textbook, and FOR a textbook, it is very nicely formatted. The summaries, resource lists, and lab assessments are very nice aspects of an already worthwhile read. This book arrived in very good condition and on time.

Great book the author did this book justice. I used it for my college class and continue to use it.

The truth about stress and how we manage it.

Exactly the book I was needing

This book was excellent. Had to get it for a Stress and Wellness class I was taking and ended up loving it. The layout of the book is great and the exercises are very well designed. Packed with tons of useful information and plenty of tools to help manage and minimize stress. The tools I learned in this book helped me to prepare for entering one of the hardest UC's. I highly recommend this book to anyone that wants to learn how to have a more stress free life.

Had to get this book as required text for a class I was taking. This is one of those college books that you don't mind hanging onto and will gladly put it in your library. The author does a great job of personalizing the text with his own stories with real practical overviews of the physiological, psychological, and social effects from stress reactivity. Great book with helpful labs and reasonable

ideas for managing your stress.

This is perfect for understanding kinesiology. As a means of getting to know the subject and as a practical guide, it gets an A plus.

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