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Lynne Van Brakel



The Stress Management Workbook A Teach Yourself Guide

Michal Rosen-Zvi



The Stress Management Workbook A Teach Yourself Guide:

The Relaxation and Stress Reduction Workbook Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay, 2008-05-03

The Relaxation and Stress Reduction Workbook broke new ground when it was first published in 1980 detailing easy step by step techniques for calming the body and mind in an increasingly overstimulated world Now in its sixth edition this workbook highly regarded by therapists and their clients remains the go to source for stress reduction strategies that can be incorporated into even the busiest lives This new edition is updated with powerful relaxation techniques based on the latest research and draws from a variety of proven treatment methods including progressive relaxation autogenics self hypnosis visualization and mindfulness and acceptance therapy In the first chapter you ll explore your own stress triggers and symptoms and learn how to create a personal plan for stress reduction Each chapter features a different method for relaxation and stress reduction explains why the method works and provides on the spot exercises you can do to apply that method when you feel stressed The result is a comprehensive yet accessible workbook that will help you to curb stress and cultivate a more peaceful life This book has been awarded The Association for Behavioral and Cognitive Therapies Self Help Seal of Merit an award bestowed on outstanding self help books that are consistent with cognitive behavioral therapy CBT principles and that incorporate scientifically tested strategies for overcoming mental health difficulties Used alone or in conjunction with therapy our books offer powerful tools readers can use to jump start changes in their lives A Reading Well Books on Prescription title The Stress Management Workbook: A guide to developing resilience Lynne Van

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Resources in Education, 1997

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Whitaker's Books in Print ,1998

Whispering the Strategies of Language: An Psychological Journey through **The Stress Management Workbook A Teach Yourself Guide**

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