

## Essentials Of Managing Stress

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The new edition and accompanying website for Essentials of Managing Stress, Fourth Edition contains everything you need for an introductory one-term course. The Fourth Edition provides readers with the practical skills and techniques to best handle daily stressors, and empower them with the tools needed to live a balanced life.

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Written for the one-term or shorter course, Essentials of Managing Stress, Fifth Edition teaches practical skills and techniques to handle the daily stressors in life. As one of the fastest growing health crises worldwide, award-winning author Brian Luke Seaward explores stress management from a holistic framework, involving all aspects of mind, body, spirit, and emotions.

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### Essentials of Managing Stress. (eBook, 2016) [WorldCat.org]

Essentials of Managing Stress Book Summary : Essentials of Managing Stress, Second Edition teaches practical skills and techniques to handle the daily stresses in life. While other texts are heavy with theory, this book offers both theory and effective application.

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### **Exercise and stress: Get moving to manage stress - Mayo Clinic**

If you have stress symptoms, taking steps to manage your stress can have many health benefits. Explore stress management strategies, such as: Getting regular physical activity Practicing relaxation techniques, such as deep breathing, meditation, yoga, tai chi or massage

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The fourth edition of Essentials of Managing Stress teaches readers practical skills and techniques on how to best handle daily stressors and empowers them with the tools needed to live a balanced life. The Fourth Edition is a highly accessible and student-friendly text that is designed to promote personal growth along with content retention.

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The title of this book is Essentials of Managing Stress and it was written by Brian Luke Seaward. This particular edition is in a Paperback format. This books publish date is Jan 20, 2016 and it has a suggested retail price of \$77.95. It was published by Jones & Bartlett Learning and has a total of 372 pages in the book.

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Audio Relaxation Files : Practice many of the relaxation techniques for stress reduction with these Audio Relaxation Files. Mental imagery, meditation, progressive relaxation, and autogenic training are taught with a professional mix of voice and restful music.

### **Navigate Companion Website to accompany Essentials of ...**

The Defense Health Agency recommends tools to help manage stress: Breathe2Relax is an app that teaches deep-breathing techniques to get rid of stress. Find this and other apps for well-being on the Military OneSource Recommended Wellness Apps page. The Military Meditation Coach Podcast provides relaxation exercises and tips for well-being.

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