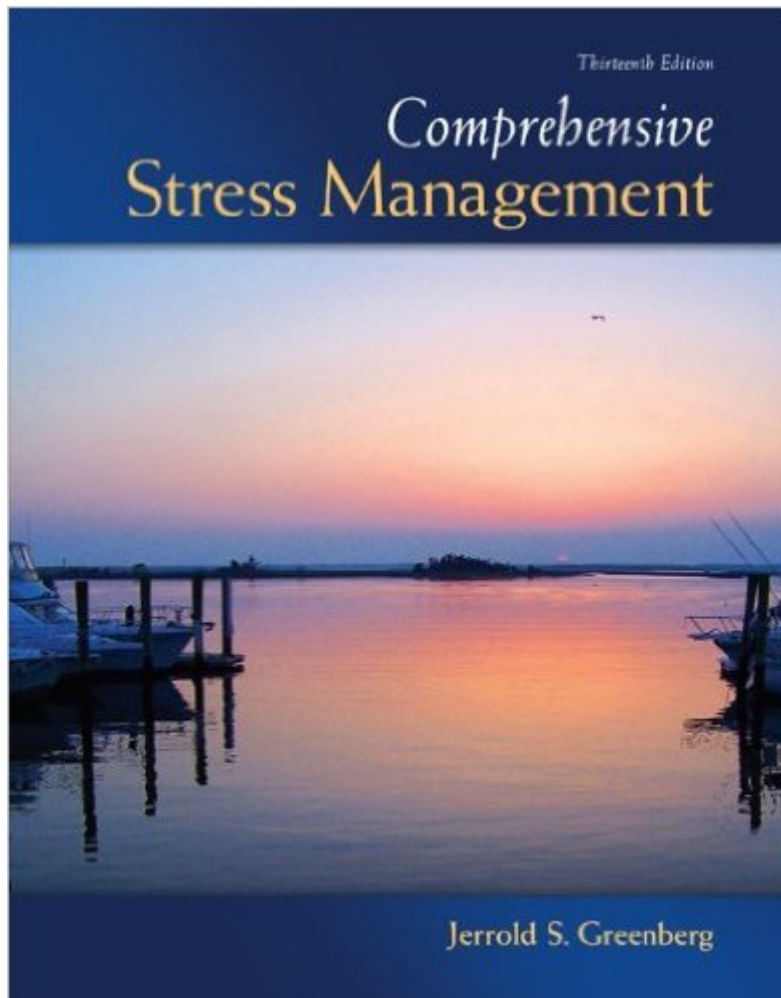


The book was found

# Comprehensive Stress Management



## 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. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect<sup>®</sup> is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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## Customer Reviews

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.

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.

I have been teaching stress management at the undergraduate level for about three years now and find this book to be an excellent resource for undergraduates. It is very easy to read and gives a great deal of information about the practical application of stress management techniques. Those who plan on teaching a course in stress management would be well advised to have a good deal of supplementary material on hand as this book is directed toward the intro student and is not informative enough to develop lectures from. This is one textbook that students consistently give high ratings.

This book was excellent. Had to get it for a Stress and Wellness class I was taking and ended up loving it. The lay out 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 book has some interesting information about how stress is caused and what illnesses are caused by stress. I loved learning about how your body reacts to stress and what hormones are made where. The vocabulary words on the side of the book are useful. I haven't been able to read the whole thing. It get's only 3 stars because the book could be a little better written.

I bought this book because I was taking a Stress Management class and I found it very useful and most importantly, it is very easy to read. I would recommend this book even if you are not taking a class since it has plenty of techniques to reduce stress.

This is a great resource. Unfortunately my copy was missing pages 355-386! Thirty pages just not there. Please check your book before the return policy expires. Other than that it's an excellent book on stress management.

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