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Comprehensive Stress Management: 13th Edition: Author: Jerrold Greenberg: Publisher: McGraw-Hill Higher Education, 2012: ISBN: 0077434633, 9780077434632: Subjects

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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.

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Comprehensive Stress Management 13th Edition by Jerrold Greenberg, ISBN-13: 978-0073529721 [PDF eBook eTextbook] 480 pages Publisher: McGraw-Hill Education; 13 edition (September 5, 2012) Language: English ISBN-10: 0073529729 ISBN-13: 978-0073529721. About the Author: Professor in the Department of Public and Community Health at the University of Maryland.

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A revised guide to stress management identifies the causes of stress, suggests techniques and strategies for handling them, and includes advice on relaxation, assertiveness, nutrition, and time management, with new information on gender differences in stress response, stress disorders, new medications and treatments, alternative therapies, stress and the challenges of modern-day life, and more.

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Greenberg's Comprehensive Stress Management integrates research and theories found useful when dealing with the inevitable occurrence of stress, with an emphasis on the interrelation of stress and illness. The 14th edition provides up-to-date information on stress associated with college student debts and technology use, as well as a new perspective on religion and spirituality as it relates to stress.

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