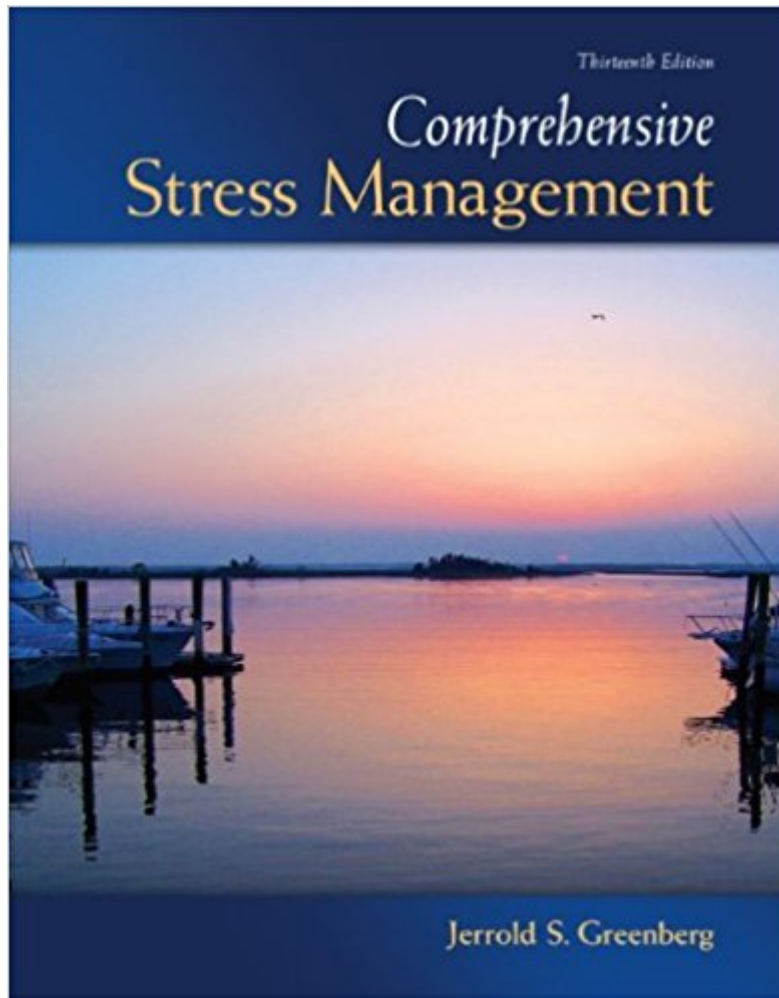




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Comprehensive Stress Management



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[®] 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

Professor in the Department of Public and Community Health at the University of Maryland. Dr. Greenberg earned his baccalaureate and masters degrees from The City College of New York, and then continued his education at Syracuse University where he earned his doctorate. Dr. Greenberg taught at Syracuse University, Boston University, and the State University of New York at Buffalo before accepting his current position at the University of Maryland in 1979. Dr. Greenberg has written over 50 books on such topics as elder care, health, stress management, physical fitness, sexuality, and methods of health education. In addition, he has published over 80 articles in professional journals and lay magazines. Among Dr. Greenberg's honors are included: the University of Maryland Service-Learning Advocate of Year Award for 2003-2004; the American School Health Association's Distinguished Service Award; selection as Alliance Scholar by the American Alliance for Health, Physical Education, Recreation, and Dance; the Presidential Citation, the Certificate of Appreciation, and the Scholar Award of the American Association for Health Education; selection for inclusion in Who's Who in America, Outstanding Young Men of America, and Who's Who in World Jewry. Dr. Greenberg has also served on the editorial boards of the professional journals Health Education and The Journal of School Health and as a reviewer for other professional journals. In addition, Dr. Greenberg has conducted stress management workshops for professional, business, and lay organizations throughout the United States.

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 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 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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