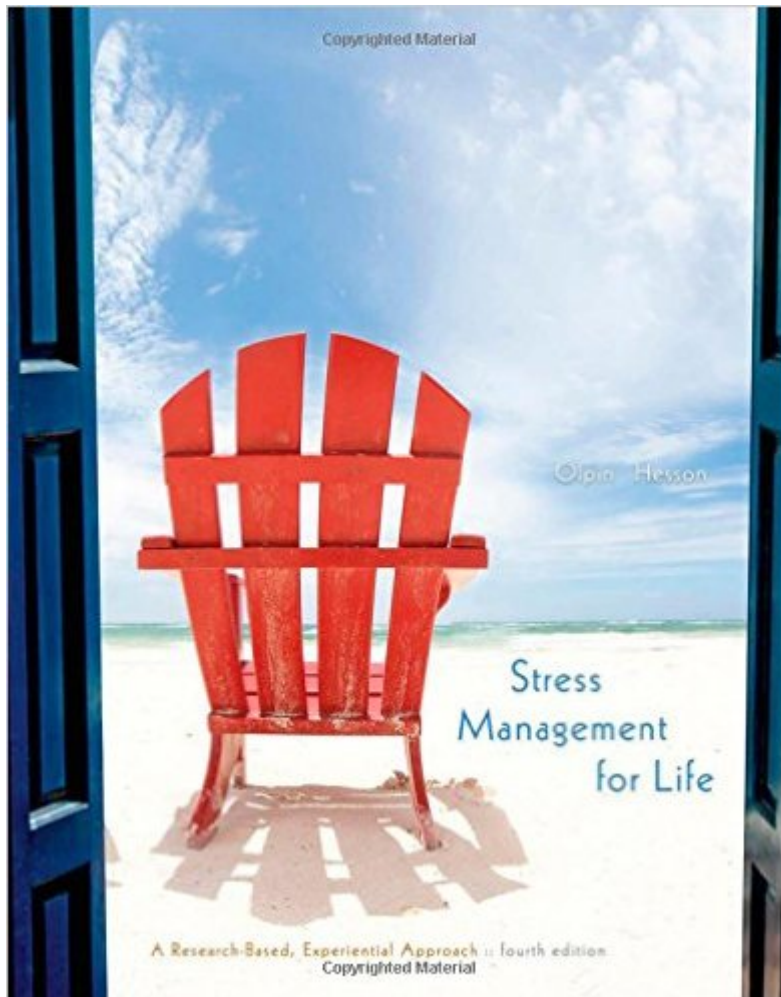


The book was found

Stress Management For Life: A Research-Based Experiential Approach



Synopsis

Clearly explaining the "how to" of stress management and prevention, *STRESS MANAGEMENT FOR LIFE*, 4e emphasizes experiential learning and encourages readers to personalize text information through practical applications and a "tool box" of stress-reducing resources, including activities and online stress-relief audio files. Michael Olpin and Margie Hesson offer more than just a book about stress; they offer readers a life-changing experience. Well-researched and engaging, the book empowers students to experience personal wellness by understanding and managing stress, gives stress-related topics a real-life context, and motivates students to manage stress in a way that accommodates their lifestyle, values, and goals.

Book Information

Paperback: 432 pages

Publisher: Wadsworth Publishing; 4 edition (January 1, 2015)

Language: English

ISBN-10: 1305120590

ISBN-13: 978-1305120594

Product Dimensions: 8.4 x 0.7 x 10.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #60,665 in Books (See Top 100 in Books) #21 in [Books > Textbooks > Medicine & Health Sciences > Administration & Policy > Practice Management & Reimbursement](#) #22 in [Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Medical Technology](#) #249 in [Books > Self-Help > Stress Management](#)

Customer Reviews

This is a well written book geared for the 4 year degree health science major. It helps you take a look at the "big picture" and allows you to practice what you've learned. The key to handling stress is your Awareness.

Well organized, easy to navigate through, and explains the material pretty well.

Good deal to rent

great!

[Download to continue reading...](#)

Stress Management for Life: A Research-Based Experiential Approach Group Dynamics in Recreation and Leisure: Creating Conscious Groups Through an Experiential Approach An Experiential Approach to Organization Development, 8th Edition Nursing Research: Methods and Critical Appraisal for Evidence-Based Practice, 8e (Nursing Research: Methods, Critical Appraisal & Utilization) Evidence-Based Practice For Nurses: Appraisal and Application of Research (Schmidt, Evidence Based Practice for Nurses) Bodystories: A Guide to Experiential Anatomy The Successful Internship: Personal, Professional, and Civic Development in Experiential Learning Experiential Worship: Encountering God with Heart, Soul, Mind, and Strength (Quiet Times for the Heart) Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Qualitative Research Design: An Interactive Approach (Applied Social Research Methods) Mosby's Complementary & Alternative Medicine: A Research-Based Approach, 3e Community-Based Collaborative Action Research: A Nursing Approach The Herbst Appliance: Research-based Clinical Management Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color Therapy) Dad Life: A Manly Adult Colouring Book: A Unique Funny Adult Colouring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Stress Relief & Art Colour Therapy) Teacher Life: A Snarky Chalkboard Colouring Book: A Unique Black Background Paper Adult Colouring Book For Teachers With Stress Relieving Patterns, ... Stress Relief & Art Colour Therapy) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) Rx for Stress In a Jar[®]: Tips for Less Stress in Your Life Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes

[Dmca](#)