

Comprehensive Stress Management

FIFTEENTH EDITION

JERROLD S. GREENBERG



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their levels of stress provide positive feelings of control over one's life and promote general well being

Comprehensive Stress Management. DANIELLE. HARFOUCHE,2023-09-28 Stress in its many forms is an irrefutable part of our modern life Chronic stress in particular is the leading cause of many diseases In this book we describe the physiological effects of stress and tackle different strategies to manage it in order to lead a healthier happier life Studyguide for Comprehensive Stress Management by Greenberg, Jerrold S. Cram101 Textbook Reviews,2013-05 Never HIGHLIGHT a Book Again Virtually all testable terms concepts persons places and events are included Cram101 Textbook Outlines gives all of the outlines highlights notes for your textbook with optional online practice tests Only Cram101 Outlines are Textbook Specific Cram101 is NOT the Textbook Accompanys 9780521673761 Loose Leaf for Comprehensive Stress Management with Connect Access Card Jerrold Greenberg,2014-10-02 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 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 SmartBook an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content Access to your instructor's homework assignments quizzes syllabus notes reminders and other important files for the course Progress dashboards that quickly show how you are performing on your assignments and tips for improvement The option to purchase for a small fee a print version of the book This binder ready loose leaf version includes free shipping Complete system requirements to use Connect can be found here <http://www.mheducation.com/highered/platforms/connect/training/support/students.html>

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