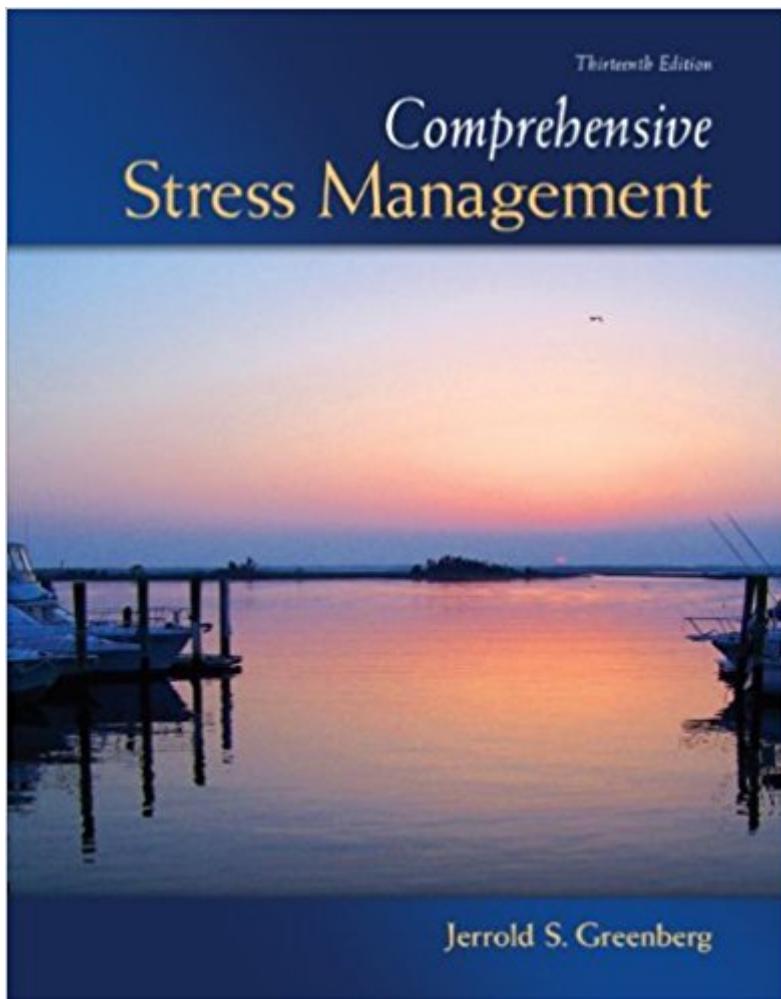


The book was found

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® 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>

Book Information

Paperback: 480 pages

Publisher: McGraw-Hill Education; 13 edition (September 5, 2012)

Language: English

ISBN-10: 0073529729

ISBN-13: 978-0073529721

Product Dimensions: 8.5 x 0.8 x 10.9 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 82 customer reviews

Best Sellers Rank: #14,702 in Books (See Top 100 in Books) #11 in Books > Health, Fitness &

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.

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

Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring

Book) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) The Agricultural Groundwater Revolution: Comprehensive Assessment of Water Management in Agriculture (Comprehensive Assessment of Water Management in Agriculture Series) (v. 3) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D Combat Stress Injury: Theory, Research, and Management (Psychosocial Stress Series) Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness) Bisk CPA Review: Regulation, 43rd Edition, 2014 (Comprehensive CPA Exam Review Regulation) (Bisk Comprehensive CPA Review) (Cpa Comprehensive Exam Review. Regulation) Comprehensive Stress Management Comprehensive Stress Management, 13th edition Practical Stress Management, Seventh Edition: A Comprehensive Workbook Animals Adult Coloring Book: Stress Relieving Patterns of Elephants, Cats, Dolphins, Owl, Peacock, Panda, Fox, and More (Stress Relieving Designs) (Volume 1) Adult Coloring Book Designs: Stress Relieving Patterns, Mandalas, Cats, Flowers, Animals, Henna, and Paisleys for Stress Relief Relaxation and Zen The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Stress Effects: A fascinating look at the effects of stress on breathing patterns, gut microbiome, adrenals and addiction. Why Zebras Don't Get Ulcers : An Updated Guide To Stress, Stress Related Diseases, and Coping ("Scientific American" Library) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help