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This fluent, easy-to-read text is designed to help students identify, understand and combat the stressors that most affect their lives. In his informal, anecdotal style, author Jerrold Greenberg introduces and discusses the latest research findings on the physical, psychological, and spiritual aspects of stress.

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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. It 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.

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This engaging and easy-to-read text helps students identify, understand, and combat the stressors that most affect their lives. In an informal, anecdotal style, author Jerrold Greenberg discusses the latest research findings on the physical, psychological, sociological, and spiritual aspects of stress, as well as the appropriate coping skills.

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- Integrates research and theories found useful when dealing with the inevitable occurrence of stress, with an emphasis on the interrelation of stress and illness. - 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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