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Buy Comprehensive Stress Management 11th Revised edition by Greenberg, Judith (ISBN: 9780073380766) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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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.

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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.

Comprehensive Stress Management by Jerrold S. Greenberg

Jerrold S. Greenberg Greenberg's 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.

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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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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.

Comprehensive Stress Management: Greenberg, Jerrold ...

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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Comprehensive Stress Management Greenberg 11th Edition

- 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.

Comprehensive Stress Management - McGraw-Hill Education

Greenberg's 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. The 14th edition 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 ...

Comprehensive Stress Management by Greenberg - AbeBooks

Book Summary: The title of this book is Comprehensive Stress Management and it was written by Jerrold Greenberg. This particular edition is in a Paperback format. This books publish date is Oct 09, 2008. It was published by McGraw-Hill Humanities/Social Sciences/Languages and has a total of 480 pages in the book.

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Greenberg's 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. The 14th edition 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. The Connect course for this offering includes SmartBook, an adaptive reading and study experience which guides students to master, recall, and applies key concepts while providing automatically-graded assessment. This technology empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills necessary to manage stress. 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>

An engaging exploration of the scientific theories and medical conditions relating to stress and an examination of case studies that suggest ways to manage, reduce, and prevent stress in everyday life. • Examines the impact of stress on both physical and psychological health and from both theoretical and practical perspectives • Provides broad, detailed coverage that explains what stress is, the effects of stress, and effective—and ineffective—methods of coping with or reducing stress • Includes personal accounts from individuals who explain how a specific coping strategy worked for them, thereby providing suggestions of how readers may be able to improve the quality of their own lives

Exploring the Dimensions of Human Sexuality, Fourth Edition addresses all aspects of sexuality—biological, spiritual, psychological, and sociocultural—and presents the information both factually and impartially. Throughout the text, students will find an emphasis on health and well-being based on the assumption that we are all sexual beings and that sexuality should be viewed in its totality. Students are encouraged to explore the varied dimensions of human sexuality and see how each affects their own personal sexuality, sexual health, and sexual responsibility. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

Understand the foundations and applications of health promotion Introduction to Health Promotion gives students a working knowledge of health promotion concepts and methods and their application to health and health behaviors, with a special emphasis on the philosophical and theoretical foundations of health promotion. The textbook also identifies and discusses the innovative health campaigns, strategies, and policies being implemented and enacted to improve health behaviors and practices that ultimately improve quality of life. Written by a professor with more than two decades of experience teaching and researching health promotion, this comprehensive resource goes beyond the basics, delving into issues such as the application of behavior change theories, planning models, and current wellness topics like nutrition, physical activity, and emotional well-being, among others. Provides a clear introduction to the most essential topics in health promotion and education Explains behavior change theories and program planning models Explores health promotion's role tackling issues of stress, tobacco use, eating behaviors, and physical activity Includes chapters dedicated to professions, settings, and credentials available in the health promotion field Looks at future trends of health promotion Ideal for students in health promotion, health education, and public health fields, Introduction to Health Promotion prepares students with a comprehensive overview of the foundations, history, and current perspectives of health promotion, as well as its key methods and applications.

The Handbook of Stress in the Occupations sets a new agenda for stress research and gives fresh impetus to scholars who wish to focus on issues and problems associated with specific jobs, some of which have received little attention in the past. Written by researchers who are true experts in the field of each occupation, this comprehensive Handbook reviews stress in a wide range of jobs including transport, education, farming, fishing, oil rig drilling, finance, law enforcement, fire fighting, entrepreneurship, music, social services, prisons, sport, and health including surgery, internship, dentistry, nursing, paramedics, psychiatry and social work. Several occupations such as oil rig drilling are reviewed; these jobs have always been stressful but have received little attention by researchers, and only now receive more focus due to the Bay of Mexico accident. Other occupations demand more of our attention because there have been substantial technological changes in particular jobs, such as in dentistry, nursing, and surgery. This lucid and insightful compendium will be a source of inspiration for those in the helping professions and all those individuals working in the industries described in the book. More specifically, the Handbook will strongly appeal to human resource specialists, psychologists, occupational health and safety professionals, managers, nurses and therapists. Written in highly accessible language, it will also provide rich reading to lay audiences including job incumbents themselves, as well as specialists in industry and academia. Academics and postgraduate students of business, management, and psychology will find plenty of detailed information regarding stress associated with occupations.

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.

This comprehensive five-volume set covers notable theories, people, social issues, life stages, the physiology and anatomy of the nervous system, and various mental illnesses or conditions --from publisher description.

This resource manual that provides valuable insight and practical guidance to address the difficult emotional and psychological implications in response and exposure to traumatic events. These traumatic events can be the result of human-made accidents, acts of terrorism, or natural disasters that have occurred at, in the vicinity of, or resulting from the operation of an air carrier at an airport.

Bekerja secara layak dengan penghasilan sesuai harapan dan lingkungan kerja memadai adalah impian semua orang. Namun, tidak semua orang berhasil menggapai impiannya, salah satunya adalah faktor keberuntungan (lucky). Selain itu, masih banyak hal yang dapat menyebabkan seseorang gagal meraih impiannya, seperti tingginya tingkat kebutuhan kerja, persaingan yang ketat, atau ketidakmampuan mengeksplorasi segala kemahiran dan keahlian yang telah diperoleh dari proses pendidikan formal. Kita harus jeli melihat celah dan peluang kerja. Dan, salah satu kuncinya adalah mengasah kemampuan diri dalam berkomunikasi dan membangun sebuah jaringan (network). Buku ini berisi tip dan trik mencari kerja, dari mencari peluang kerja, pemahaman dunia kerja, mengatasi persaingan kerja, sampai diterima bekerja. Apa saja yang tidak boleh dan boleh dilakukan oleh calon pekerja ketika proses melamar kerja. Semuanya diuraikan di dalam buku ini. Jangan pernah ada kata "menyerah", teruslah berjuang, dan petik hikmah dari sebuah kegagalan. Dan, yakinkan pada diri bahwa setiap rintangan, pasti ada jalan keluar! Selamat berjuang dan semoga berhasil. -Tangga Pustaka-

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