



Stress Management for Life: A Research-Based Experiential Approach

Michael Olpin, Margie Hesson

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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.



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useful details for your better life in this particular era. So now let us show you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

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