



# Controlling Stress and Tension (8th Edition)

*Daniel Girdano, George S. Everly Jr., Dorothy E. Dusek*

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*Controlling Stress and Tension, 8/e,* takes a multifaceted, holistic approach to stress management. The first part of the book discusses the stress problem and our potential for achieving solutions to it. The next chapters examine potential stress-producing elements in everyday life. The remainder of the book offers techniques for alleviating stress and tension. Personal journal activities and self-assessments placed throughout the book encourage readers to apply the concepts they have learned to themselves. **KEY TOPICS:** Stress, Stressors and Stress Management, Systems That Control Stress Arousal, The Body's Response to Stress, The Human Spirit, Stressful Emotions, Thoughts, and Beliefs, Patterns of Behavior, Demands and Expectations, Stress and the Human Environment Interaction, Stress in Relationships, The Stress of Terrorism and Trauma, Stress in the Workplace, Breathing and Relaxation, Muscle Relaxation, Autogenics and Visual Imagery, Yoga and Stretch-Relaxation, Meditation, Stress Reduction through Physical Activity, Your Personal Stress Management Plan. Intended for those interested in learning the basics of stress management.



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