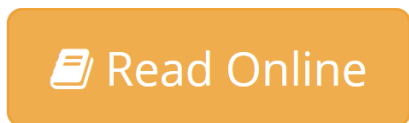


# Stress Management For Dummies

By Allen Elkin



## Stress Management For Dummies By Allen Elkin

### Tired of letting stress have a negative impact on your life? Easy.

It's impossible to get through life without encountering stress. And unfortunately, most of us learn the incorrect ways to cope with it. Thankfully, *Stress Management For Dummies* gives you trusted, time-tested guidance on teaching your body and mind to properly cope with stress while keeping your sanity intact.

Whether it's love, work, family, or something else that has you in the red zone, this updated edition of *Stress Management For Dummies* will help you identify the stress triggers in your life and cut them down to size — all without losing your cool.

- Shows you how to use stress in a positive, motivational way instead of letting it negatively affect your life
- Teaches you to retrain your body and mind to react positively to stress
- Helps you overcome common stresses faced in modern life

If you want to manage stress and get back to living a normal life, *Stress Management For Dummies* has you covered.

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### Editorial Review

From the Back Cover

Learn to:

- Cope with stress while keeping your cool
- Identify stress triggers and cut them down to size
- Master stress management techniques and regain control of your life
- Adopt a stress-resilient lifestyle

Tired of letting stress have a negative impact on your life?

*Stress Management For Dummies* gives you trusted, time-tested guidance on teaching your body and mind to properly cope with stress. Whether it's love, work, family, finances, or something else that has you in the red zone, this updated edition of *Stress Management For Dummies* will help you identify the stress triggers in your life and cut them down to size.

- Stressed out? — get the lowdown on what stress is and how it can affect you mentally, physically, and emotionally
- Let go — find out how to treat the physical symptoms of stress, quiet your mind, and deal with day-to-day issues that may be causing stress
- Secrets of being stress-free — discover techniques you can use to decrease the amount of stress in your life, like making changes in the way you think when put in potentially stressful situations
- Deal in the real world — develop day-to-day habits you can incorporate at home and work that will help you live a less stressful life, such as doing stretches, spending time on a hobby, and more

Open the book and find:

- Plenty of self-assessments to help you figure out where stress is coming from and how to deal with it
- Tips for letting go of muscle tension and quieting your mind
- Advice for dealing with time management, anger, workplace stress, and more
- The importance of eating right, exercising, and getting sleep
- How your thinking stresses you out
- The ten biggest sources of stress

About the Author

**Allen Elkin**, PhD, is a clinical psychologist and the director of The Stress Management & Counseling Center in New York City. Nationally known for his expertise in the field of stress and emotional disorders, he has appeared frequently on *Today*, *Good Morning America*, and *Good Day New York*.

### Users Review

From reader reviews:

**Edward McClung:**

Spent a free time to be fun activity to do! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, about to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the publication untitled Stress Management For Dummies can be great book to read. May be it may be best activity to you.

**Rodney Hussey:**

Playing with family inside a park, coming to see the coastal world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Stress Management For Dummies, you may enjoy both. It is great combination right, you still wish to miss it? What kind of hangout type is it? Oh can happen its mind hangout folks. What? Still don't get it, oh come on its called reading friends.

**George Conner:**

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**Eddie McCoy:**

That reserve can make you to feel relax. This kind of book Stress Management For Dummies was colorful and of course has pictures on there. As we know that book Stress Management For Dummies has many kinds or genre. Start from kids until teens. For example Naruto or Private eye Conan you can read and believe you are the character on there. Therefore , not at all of book usually are make you bored, any it can make you feel happy, fun and relax. Try to choose the best book to suit your needs and try to like reading this.

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