



Stress: Living and Working in a Changing World

George Manning, Kent Curtis, Steve McMillen, Bill Attenweiler

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This book is a comprehensive and timely resource that helps people manage stress in today's fast-paced and changing world. It combines the best of both classical research and cutting edge approaches to address stress, health, and wellness issues. The holistic approach provides a personalized picture of the role of stress in one's life. The reader is challenged with real-life problems and practical solutions. The friendly writing style of the authors holds your attention and interest throughout the book. Using an interactive learning approach, each chapter blends: -thought-provoking questionnaires and self-assessments - true-life examples - meaningful stories and anecdotes from well-known authors and philosophers - authoritative data: charts, graphs, diagrams, and surveys The focus of the book is self-discovery and personal development. Information is in a format conducive to quick access on an as-needed basis. It's a book you will refer to time and time again.

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