

1. Record Nr.	UNINA9910779105303321
Autore	Abramowitz Jonathan S
Titolo	The stress less workbook [[electronic resource]] : simple strategies to relieve pressure, manage commitments, and minimize conflicts // Jonathan S. Abramowitz
Pubbl/distr/stampa	New York, N.Y., : Guilford Press, c2012
ISBN	1-280-87947-5 9786613720788 1-4625-0780-8 1-4625-0533-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource (338 p.)
Collana	Guilford self-help workbook series
Disciplina	155.9/042 155.9042
Soggetti	Stress (Psychology) Stress management Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Stress : familiar to us all but understood by few -- How stressed out are you? -- What is stress doing to you? -- What's stressing you out? -- What can you do about the stress in your life? -- Reducing your stress -- Solving the problems in your life -- Communicating effectively -- Time management -- Changing your stressful thinking -- Relaxing your body and clearing your mind -- Maintaining a healthy lifestyle -- Making stress management techniques work in your daily life -- Managing stress at work -- Managing relationship and family stress -- Managing a crisis -- Living a stress-less lifestyle -- Resources.
Sommario/riassunto	You may not be able to change the things that are stressing you out, but what if you could respond differently? How would it feel to let go of chronic worry and tension, manage your time more effectively, be less irritable and exhausted, and tackle everyday hassles with confidence? Now you can find out for yourself. Weaving together proven self-help strategies, prominent clinician-researcher Dr. Jonathan Abramowitz helps you accomplish more--and stress less. Easy-to-use worksheets,

forms, and numerous examples show you step by step how to create a personalized anti-stress action plan. You'll l

---