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| Autore | Smith Jonathan C |
| Titolo | Stress management [[electronic resource]] : a comprehensive handbook of techniques and strategies / / Jonathan C. Smith |
| Pubbl/distr/stampa | New York, : Springer Pub., c2002 |
| ISBN | 1-281-81359-1 9786611813598 0-8261-4948-0 |
| Descrizione fisica | 1 online resource (279 p.) |
| Disciplina | 155.9042 |
| Soggetti | Stress management Relaxation Health |
| 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 (p. 245-249) and index. |
| Nota di contenuto | Contents; Preface; List of Tables and Figures; Part I: Stress Basics; Part II: The Four Pillars of Stress Management; Part III: Interpersonal Skills: Relationships and Stress Management; Part IV: Task Completion Skills: Time Management, Procrastination, and Positive Beliefs; Appendix: The Factor Structure of the Smith Irrational Beliefs Inventory-A; References; Index |
| Sommario/riassunto | Here is a comprehensive clinical manual focused on stress management and relaxation. It contains detailed descriptions of tactics for training the user in the methods of relaxation, positive thinking, time management, and more. Features validated self-tests (normed on over 1000 individuals), and first-time ever stress management motivations and irrational beliefs inventories. This hands-on resource is essential for practitioners introducing stress management techniques into their practice; students who are learning how to cope with stress; practitioners-in-training, and clinicians looking for |