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Titolo	Stress management : a comprehensive handbook of techniques and strategies // Jonathan C. Smith
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ISBN	1-281-81359-1 9786611813598 0-8261-4948-0
Edizione	[First edition.]
Descrizione fisica	1 online resource (279 pages)
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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