

1. Record Nr.	UNINA9910823633303321
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Titolo	The science of stress management : a guide to best practices for better well-being // Amitava Dasgupta
Pubbl/distr/stampa	Lanham : , : Rowman & Littlefield, , [2018] ©2018
ISBN	1-5381-0121-1
Descrizione fisica	1 online resource
Disciplina	155.9042
Soggetti	Stress (Psychology) Stress management Well-being
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Contents -- Preface -- Chapter 1. Adverse Effects of Stress on Mind and Body -- Chapter 2. Do Women Have Better Coping Skills in Response to Stress? -- Chapter 3. Pets Are Natural Stress Busters -- Chapter 4. Child Development and Social Influences on Stress: Relief through Social Networking, Volunteering, Laughter, and Taking a Vacation -- Chapter 5. Exercise, Yoga, and Meditation for Stress Management -- Chapter 6. Aromatherapy, Massage, Reiki, and Music for Stress Management -- Chapter 7. Making Love to Your Spouse/Romantic Partner-A Great Stress Buster -- Chapter 8. Balanced Diet for Prevention of Chronic Diseases and Stress Management -- Chapter 9. Drinking in Moderation for Stress Relief -- Chapter 10. Stress Relief and Other Health Benefits of Chocolate -- Notes -- Index -- About the Author.
Sommario/riassunto	Stress is killing us; everyday people seek out more and more methods for managing the various manifestations of stress. But what really works? What does science show us about the root causes and processes of stress? Here, Dasgupta shows us where stress comes from and how it works, and what works best to combat it.