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Comprehensive Stress Management Greenberg 13th

Comprehensive Stress Management empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills to manage that stress. The book examines a variety of topics relevant to college students such as intrapersonal and interpersonal stressors, physiological reactions to stress, spirituality and stress, occupational stress, and family stress.

Comprehensive Stress Management: Greenberg, Jerrold ...

Overview. Greenberg's Comprehensive Stress Management integrates research and theories found useful when dealing with the inevitable occurrence of stress, with an emphasis on the interrelation of stress and illness. The 14th edition provides up-to-date information on stress associated with college student debts and technology use, as well as a new perspective on religion and spirituality as it relates to stress.

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This fluent, easy-to-read text is designed to help students identify, understand and combat the stressors that most affect their lives. In his informal, anecdotal style, author Jerrold Greenberg introduces and discusses the latest research findings on the physical, psychological, and spiritual aspects of stress.

Comprehensive Stress Management by Jerrold S. Greenberg

Comprehensive Stress Management 13th Edition by Jerrold Greenberg, ISBN-13: 978-0073529721 [PDF eBook eTextbook] 480 pages Publisher: McGraw-Hill Education; 13 edition (September 5, 2012) Language: English ISBN-10: 0073529729 ISBN-13: 978-0073529721 About the Author Professor in the Department of Public and Community Health at the University of Maryland. Dr. Greenberg earned his baccalaureate ...

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Greenberg: Chapter 01 #13 14. The theory developed by Overholser and his colleagues pertaining to stress occurring when there is not enough social support available to respond to the event...

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