



## **Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW)**

*By Michael Olpin, Margie Hesson*

 [Get Print Book](#)



[Download](#)



[Read Online](#)

**Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW)** By Michael Olpin, Margie Hesson

STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH was written to emphasize experiential learning by clearly explaining the "how to" of stress management and prevention. Michael Olpin and Margie Hesson offer students more than just a book about stress; they offer students a life-changing experience. This text empowers students to experience personal wellness by understanding and managing stress. The authors encourage students to personalize the information in the text through practical applications and a "tool-box" of stress-reducing resources, including the "Stress Relief" DVD, and student "Activities Manual." Well-researched, this text gives stress-related topics a real-life context and helps motivate students to manage stress in a way that accommodates their lifestyle, values and goals. Your students will thank you for this text! After reading STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH, students will realize that living with stress is unnecessary and that there are simple and effective ways to create a happier, stress-free life.



[Download Stress Management for Life: A Research-Based Exper ...pdf](#)



[Read Online Stress Management for Life: A Research-Based Exp ...pdf](#)

# **Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW)**

*By Michael Olpin, Margie Hesson*

**Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW)** By Michael Olpin, Margie Hesson

STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH was written to emphasize experiential learning by clearly explaining the "how to" of stress management and prevention. Michael Olpin and Margie Hesson offer students more than just a book about stress; they offer students a life-changing experience. This text empowers students to experience personal wellness by understanding and managing stress. The authors encourage students to personalize the information in the text through practical applications and a "tool-box" of stress-reducing resources, including the "Stress Relief" DVD, and student "Activities Manual." Well-researched, this text gives stress-related topics a real-life context and helps motivate students to manage stress in a way that accommodates their lifestyle, values and goals. Your students will thank you for this text! After reading STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH, students will realize that living with stress is unnecessary and that there are simple and effective ways to create a happier, stress-free life.

**Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW)** By Michael Olpin, Margie Hesson Bibliography

- Sales Rank: #1308430 in Books
- Published on: 2006-03-30
- Original language: English
- Number of items: 1
- Dimensions: 1.22" h x 8.64" w x 10.78" l,
- Binding: Paperback
- 464 pages

 [Download Stress Management for Life: A Research-Based Exper ...pdf](#)

 [Read Online Stress Management for Life: A Research-Based Exp ...pdf](#)

**Download and Read Free Online Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) By Michael Olpin, Margie Hesson**

---

## **Editorial Review**

### **About the Author**

Michael Olpin is a full professor and the Director of the Health Promotion Program at Weber State University. He has studied and researched the science of stress management for over 30 years. He received his Ph.D. in Health Education from Southern Illinois University, his M.A. in health promotion, and his B.A. in organizational psychology from Brigham Young University. He has taught at several universities across the nation, including West Virginia University, Virginia Tech, Concord University, Southern Illinois University, Brigham Young University, and Weber State University. Mike's teaching includes many areas of health and wellness, but his primary focus is on stress management, mind/body health, peak performance, mental and emotional wellness, health research methods, and wellness coaching. He has presented papers and spoken at many conferences, workshops, and seminars around the country. In addition to these speaking engagements, he also consults with sports teams and athletes, individuals, and other community groups. He is the founder and Director of the Stress Relief Center at Weber State University where he conducts research and works with thousands of students, faculty, staff, and community members in helping them reduce their stress and reach peak performance. His website, [StressManagementPlace.com](http://StressManagementPlace.com) focuses on stress management and wellness education. He has authored and co-authored two general-audience books on stress management.

Margie Hesson is a Registered Nurse and an Instructor in the College of Nursing at South Dakota State University, where her teaching focus areas are stress management, epidemiology, population-based health care, and complementary/alternative health care. She is endorsed by the American Holistic Nurses Association as a Certified Holistic Stress Management Instructor and is the author of two general-audience books on stress and healthy living and a contributing author to numerous textbooks. In addition to more than 40 years' experience as a nurse and a teacher, she has been director of corporate health promotion and is active as a health ministry consultant to churches. She presents and consults on stress management and health promotion topics at state, national, and international levels.

## **Users Review**

### **From reader reviews:**

#### **Thomas Deleon:**

The book Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) can give more knowledge and information about everything you want. So just why must we leave a very important thing like a book Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW)? A number of you have a different opinion about book. But one aim which book can give many data for us. It is absolutely suitable. Right now, try to closer along with your book. Knowledge or data that you take for that, it is possible to give for each other; you are able to share all of these. Book Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) has simple shape nevertheless, you know: it has great and large function for you. You can seem the enormous world by open up and read a book. So it is very wonderful.

**Alice Scales:**

Hey guys, do you desire to find a new book to learn? Maybe the book with the subject Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) suitable to you? The book was written by famous writer in this era. The book entitled Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) is the one of several books that everyone read now. This specific book was inspired many men and women in the world. When you read this guide you will enter the new dimensions that you ever know just before. The author explained their thought in the simple way, so all of people can easily to recognise the core of this e-book. This book will give you a large amount of information about this world now. So you can see the represented of the world within this book.

**Laura Dumas:**

The book Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) will bring that you the new experience of reading the book. The author style to clarify the idea is very unique. In case you try to find new book you just read, this book very acceptable to you. The book Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) is much recommended to you to learn. You can also get the e-book through the official web site, so you can easier to read the book.

**Mary Curtis:**

Reading a book being new life style in this calendar year; every people loves to read a book. When you study a book you can get a large amount of benefit. When you read books, you can improve your knowledge, because book has a lot of information on it. The information that you will get depend on what sorts of book that you have read. If you would like get information about your research, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, these us novel, comics, and soon. The Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) offer you a new experience in reading a book.

**Download and Read Online Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) By Michael Olpin, Margie Hesson #Y32TL740P8Q**

# **Read Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) By Michael Olpin, Margie Hesson for online ebook**

Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) By Michael Olpin, Margie Hesson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) By Michael Olpin, Margie Hesson books to read online.

## **Online Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) By Michael Olpin, Margie Hesson ebook PDF download**

**Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) By Michael Olpin, Margie Hesson Doc**

**Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) By Michael Olpin, Margie Hesson Mobipocket**

**Stress Management for Life: A Research-Based Experiential Approach (with Stress Relief DVD, Activities Manual, and InfoTrac 1-Semester Printed Access Card) (Available Titles CengageNOW) By Michael Olpin, Margie Hesson EPub**