



Stress Management and Prevention: Applications to Daily Life (with Activities Manual and DVD Printed Access Card)

By Jeffrey Kottler, David Chen



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STRESS MANAGEMENT AND PREVENTION: APPLICATIONS TO DAILY LIFE is a broad introduction to the subject of stress management. This practical and highly praised book includes a variety of self-regulation and other techniques to help you cope with and prevent stress in your life. With this little guide, you'll have the tools you need to live a well-balanced life.



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Editorial Review

Review

"Yes, I really liked the "For Reflection" part of the chapter. They allow for critical thinking and provide the student a chance to take what they had just read and put it into real-world context. It also breaks up the monotony of simply reading lecture material. It provides a breather for the student and allows for integration of lecture material into practical application. The "Voice of Stress Management" stories also add a great deal to understanding the concept or topic being covered. This section gives the readers a personal perspective of what an individual may be experiencing as they cope with stress."

"Chapter 11: This chapter was very well written and organization in a reasonable manner. Excellent explanation of topics such as how smoking impacts stress. This is just one example but the examples were very thorough and easy to understand throughout the chapter. Appropriate examples were throughout the chapter to paint a clearer picture for the reader. I also liked the self-assessment at the beginning of the chapter ~ I think it is very important that students assess and think about how the topics impact their level of stress. I feel there was an appropriate balance between the presentation of theory and concepts and inclusion of applicable information".

"The main strength of the chapter [Chapter 3] is the information and emphasis as life as a developmental process with specific stages with age ranges and developmental tasks for each stage. These are presented clearly in the light of the stressors inherent in each stage."

About the Author

Jeffrey A. Kottler is the author of over eighty books that have been translated into more than a dozen languages. They are used in universities around the world and are considered classics among practicing teachers, counselors, psychologists, health professionals, and social justice advocates. Some of his most highly regarded works include *DIVINE MADNESS: TEN STORIES OF CREATIVE STRUGGLE*; *CHANGING PEOPLE'S LIVES WHILE TRANSFORMING YOUR OWN: PATHS TO SOCIAL JUSTICE AND GLOBAL HUMAN RIGHTS*; *ON BEING A THERAPIST*; and, more recently, *THE ASSASSIN AND THE THERAPIST: AN EXPLORATION OF TRUTH IN PSYCHOTHERAPY AND IN LIFE* and *CREATIVE BREAKTHROUGHS IN THERAPY: TALES OF TRANSFORMATION AND ASTONISHMENT*. Some of his more well-known texts include *LEARNING GROUP LEADERSHIP*; *INTRODUCTION TO COUNSELING*; *ON BEING A TEACHER*; *STRESS MANAGEMENT AND PREVENTION*; and *A PRIMER OF HELPING SKILLS*. Kottler has worked as an educator and psychologist in a preschool, middle school, mental health center, crisis center, university, community college, corporation, and private practice settings. He has served as Fulbright Scholar and Senior Lecturer in Peru, Thailand, and Iceland, as well as worked as Visiting Professor in New Zealand, Australia, Hong Kong, Singapore, and Nepal. Kottler is currently Professor of Counseling and of Freshman Programs at California State University, Fullerton. He has also co-founded Empower Nepali Girls (<http://www.EmpowerNepaliGirls.org>), which provides educational scholarships for lower caste girls at-risk in Nepal.

David Chen received his doctorate degree in motor behavior and sport psychology from University of Florida, Gainesville, Florida. He taught for four years at State University of New York Cortland and one year at California State University Los Angeles prior to joining the faculty in the Division of Kinesiology and Health Promotion in 1998 at California State University, Fullerton. Dr. Chen's interest areas include the

understanding of the factors leading to skilled human behavior and the development of concepts and methods that can be used to enhance the learning and performance of cognitive and motor skills. Another interest area deals with successful management of stress in sport and daily living using physiological, psychological, spiritual, and alternative approaches. Research projects include (1) auditory modeling and visual modeling: effects on real sport skills; (2) self-organization in learning motor skills; and (3) Tai Chi and its meditative effects on stress management.

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