



Practical Stress Management: A Comprehensive Workbook (6th Edition)

John A. Romas, Manoj Sharma

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Practical Stress Management is a focused, personal, worksheet-based text that combines theory and principles with hands-on exercises to help you manage the negative impact of stress in your life. The **Sixth Edition** has been completely updated and provides students with online access to MP3 files of guided relaxation techniques and downloadable worksheets. As a practical tool for recognizing and preventing stress, the action-oriented approach enables you to make personal change through self-reflection and behavior change techniques.

The workbook emphasizes a positive approach to stress management, covering topics such as relaxation techniques, coping with anxiety, managing anger, communication skills, and exercise and nutrition. In this edition, the authors cover financial stress and expand their section on sleep. Worksheets and Thoughts for Reflection boxes help you determine your own level of stress and apply effective stress management techniques.

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