



Stress Management for Life: A Research-Based Experiential Approach

Michael Olpin, Margie Hesson

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STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH, THIRD EDITION emphasizes experiential learning and clearly explains 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 audio files and student activities, both found on the CourseMate Website. 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.

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