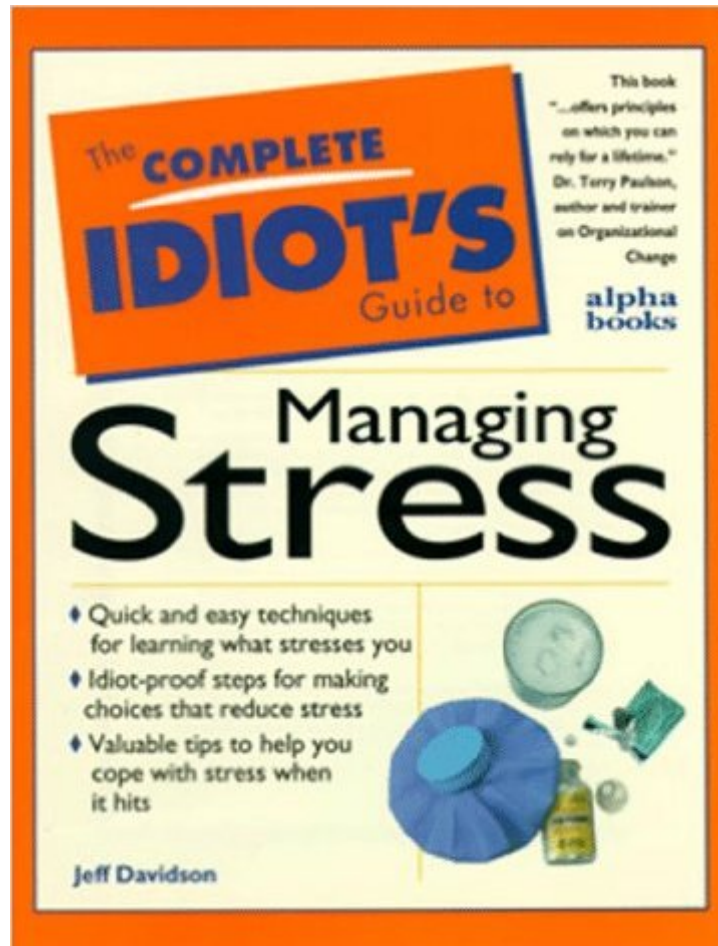


The book was found

The Complete Idiot's Guide To Managing Stress



Synopsis

A guide that includes self-tests for identifying sources of stress, and tips for de-stressing the home and office. Also included are tips on time management and organization, as well as exercises for de-stressing the body and mind, along with advice on setting priorities and simplifying your life.

Book Information

Series: Complete Idiot's Guide

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Product Dimensions: 0.8 x 7.5 x 9.5 inches

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #1,969,091 in Books (See Top 100 in Books) #291 inÂ Books > Parenting & Relationships > Family Health #3134 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Psychoanalysis #4191 inÂ Books > Self-Help > Stress Management

Customer Reviews

This is a good book on the topic of managing stress. Personally I would have liked to have seen more on the topic of burnout and maybe something on the stress of dealing with unruly children. But there was a lot in here on stress that I hadn't considered before. There was also some approaches to managing stress that were new to me, and of course that's always appreciated. The little boxes on every page like what a concept, etched in stone, and warning were kind of clever.

Jeff Davidson presents a unique and very helpful approach to dealing with everyday stress. A well-written and easy to follow guide. Wayne D. Ford, Ph.D., author of "Stress Management for Over-Achievers" docwifford@msn.com

This is a great book for ideas on how to get back control of your life. If you have a extremely stressful career like I do you'll love reading the different ideas in this book. Chapter 6 covers ways to fight burnout, figuring out when you're most productive & how to deal with work overload. Chapter 16 covers mastering your environment which has lots of ideas on how to deal challenges at home &

work plus ideas on how to recharge your energy. This is a great book & well worth the money!

This book is not like others on the topic of stress and in many ways, I think, superior. The author takes a very methodical approach, i.e., first explaining what stress is, the various sources of stress into our lives, and then what you can do about it. A lot of his suggestions like mastering your environment, perfecting the strategic pause, and asking the 'magic question' are new to me and I think yield a lot of potential., I haven't seen these kinds of approaches in other books. I bought his earlier book on managing your time which was pretty good, but I think this one is a gem.

Although I would have liked to have seen more on the topic of burnout and maybe something on the stress of raising an unruly teenager there was a lot in here on stress that I hadn't considered before. There were also some approaches to managing stress that were new to me, and of course that's always appreciated. The little boxes on every page like what a concept, etched in stone, and warning were kind clever

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