



# Comprehensive Stress Management

By Jerrold Greenberg

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## Comprehensive Stress Management By Jerrold Greenberg

*Comprehensive Stress Management* empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills to manage that stress. The book examines a variety of topics relevant to college students such as intrapersonal and interpersonal stressors, physiological reactions to stress, spirituality and stress, occupational stress, and family stress. Lab Assessments at the conclusion of each chapter help students relate what they have learned to their personal lives by encouraging them to identify specific attitudes, behaviors, and coping skills as well as target areas for improvement. The 13th edition incorporates many changes and updates while still retaining the content and features valued by instructors and students over the previous editions.

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### **Editorial Review**

#### **About the Author**

Professor in the Department of Public and Community Health at the University of Maryland. Dr. Greenberg earned his baccalaureate and masters degrees from The City College of New York, and then continued his education at Syracuse University where he earned his doctorate. Dr. Greenberg taught at Syracuse University, Boston University, and the State University of New York at Buffalo before accepting his current position at the University of Maryland in 1979. Dr. Greenberg has written over 50 books on such topics as elder care, health, stress management, physical fitness, sexuality, and methods of health education. In addition, he has published over 80 articles in professional journals and lay magazines. Among Dr. Greenberg's honors are included: the University of Maryland Service-Learning Advocate of Year Award for 2003-2004; the American School Health Association's Distinguished Service Award; selection as Alliance Scholar by the American Alliance for Health, Physical Education, Recreation, and Dance; the Presidential Citation, the Certificate of Appreciation, and the Scholar Award of the American Association for Health Education; selection for inclusion in Who's Who in America, Outstanding Young Men of America, and Who's Who in World Jewry. Dr. Greenberg has also served on the editorial boards of the professional journals Health Education and The Journal of School Health and as a reviewer for other professional journals. In addition, Dr. Greenberg has conducted stress management workshops for professional, business, and lay organizations throughout the United States.

### **Users Review**

#### **From reader reviews:**

##### **Max Norris:**

Reading a book tends to be new life style with this era globalization. With examining you can get a lot of information that could give you benefit in your life. Together with book everyone in this world can share their idea. Guides can also inspire a lot of people. A lot of author can inspire all their reader with their story or maybe their experience. Not only the storyline that share in the guides. But also they write about advantage about something that you need instance. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors on this planet always try to improve their ability in writing, they also doing some investigation before they write with their book. One of them is this Comprehensive Stress Management.

##### **Catherine Poppe:**

The book untitled Comprehensive Stress Management contain a lot of information on this. The writer explains her idea with easy approach. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read that. The book was authored by famous author. The author provides you in the new period of literary works. You can actually read this book because you can read more your smart phone, or model, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and order it. Have a nice go through.

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