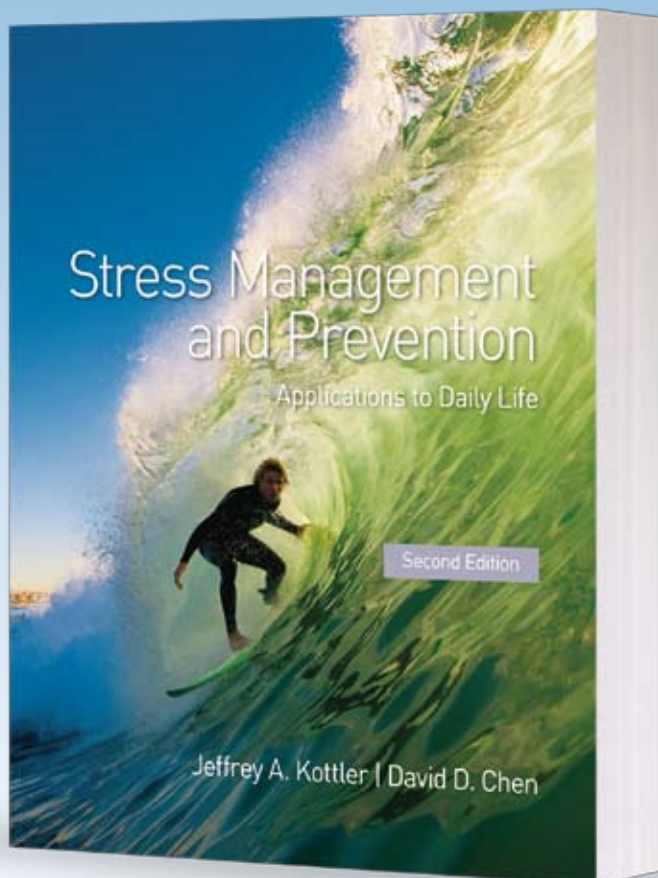


Inspire your students to achieve their optimal performance and make change last with the new edition of

**EXAMINATION
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Stress Management and Prevention

Applications to Daily Life
Second Edition



By **Jeffrey A. Kottler**, Professor of Counseling and **David D. Chen**, Associate Professor of Kinesiology, both at California State University, Fullerton, USA

"I believe that undergraduate students will embrace this book as a source of knowledge, but will also be able to really use the information in the book and the exercises in the activities manual to better their lives and manage their stress effectively."

- **Steven J. Radlo**,
Department of Kinesiology,
Western Illinois University, USA

Have you ever taught a stress management course, only to find that the material doesn't "stick" once the semester is over and your students quickly fall back into their original patterns and behaviors? Jeffrey Kottler and David Chen certainly have, and their frustration led to the inspiration for a text with the central aim of encouraging their students to really apply the material to their lives, incorporating these skills and strategies into their daily routines. To accomplish this goal, Kottler and Chen present a new approach to teaching stress management with a unique textbook that:

- takes an **experiential approach** to the subject, seamlessly integrating the book with its accompanying online activities manual, audio programs and video demonstrations
- is **highly accessible** despite its academic rigor
- approaches stress management from a **positive psychology** framework
- highlights the development of **physical and emotional resilience**
- introduces students to practical skills such as **cognitive self-talk, meditation, conflict resolution**, and **time management** strategies
- integrates **Eastern** and **Western** concepts of stress
- speaks to the realities of today's college environment by addressing **special concerns of nontraditional students**
- uses **key pedagogical features**, such as "Voice of the Authors" boxes, reflection exercises, and more to get students more actively involved in their reading material.

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Glossary

FREE STUDENT RESOURCES ON COMPANION WEBSITE
www.routledge.com/stress-management

- ✓ **Additional activities and exercises**
- ✓ **Free Sample Chapter**
- ✓ **Chapter Learning Objectives**
- ✓ **Video Supplements**
 - 11 videos featuring real students discussing stressful situations in their own lives and how they dealt with them
 - Guided Meditation Program
 - Yoga Program
 - Stretching Exercises
 - Tai Chi Demonstration
- ✓ **Audio Relaxation Programs**
 - Guided Imagery: A Walk on the Beach
 - Autogenic Training
 - Breathing Meditation for Awareness
 - Progressive Muscle Relaxation



Instructor Resources for qualified adopters include:

- Powerpoint Lecture Slides
- Instructor's Manual
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- Sample syllabus
- Photo slides
- Activities and Exercises

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