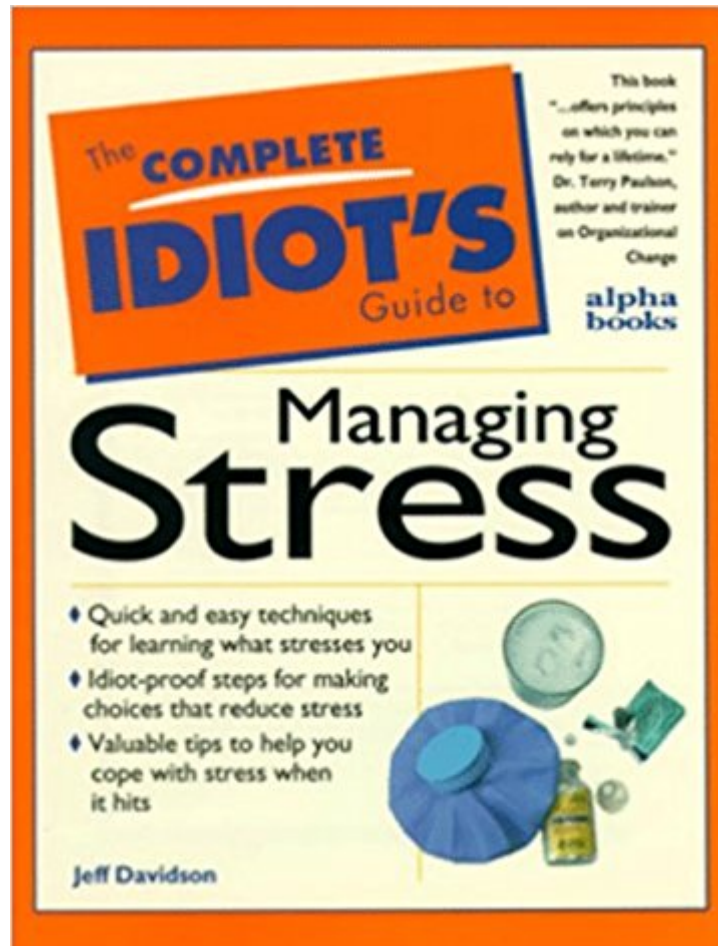


The book was found

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

Paperback: 266 pages

Publisher: Macmillan Distribution (September 1996)

Language: English

ISBN-10: 0028610865

ISBN-13: 978-0028610863

Product Dimensions: 0.8 x 7.5 x 9.5 inches

Shipping Weight: 1.2 pounds

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

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

[Download to continue reading...](#)

The Complete Idiot's Guide to Managing Stress Complete Idiot's Guide to Dinosaurs (The Complete Idiot's Guide) The Complete Idiot's Guide to LinkedIn (Complete Idiot's Guides (Computers)) The Complete Idiot's Guide to Using Your Computer - for Seniors (Complete Idiot's Guides (Computers)) The Complete Idiot's Guide to PC Basics, Windows 7 Edition (Complete Idiot's Guides (Computers)) The Complete Idiot's Guide to Amigurumi (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Solar Power for Your Home, 3rd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Bipolar Disorder (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Writing Erotic Romance (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Kabbalah (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide Numerology Workbook (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Handwriting Analysis, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Pool And Billiards, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Selling Your Crafts on Etsy (Idiot's Guides) The Complete Idiot's Guide to Making Natural Soaps (Idiot's Guides) The Complete Idiot's Guide to Juice Fasting (Idiot's Guides) The Complete Idiot's Guide to Low-Sodium Cooking, 2nd Edition (Idiot's Guides) The Complete Idiot's Guide to Saltwater Aquariums (Idiot's Guides) The Complete Idiot's Guide to the Acid Reflux Diet (Idiot's Guides) The Complete Idiot's Guide to Eating Well with IBS (Idiot's Guides)

