

A comprehensive and practical textbook of stress management techniques integrated through mindfulness. This is a coherent and integrative system rather than a typical hodgepodge of techniques. Approaches to stress management include: problem-solving, brainstorming, time management, setting priorities, procrastination, cognitive stress and irrational thinking, desensitization, relapse prevention, assertiveness, shyness, anger, aggression, job stress, and crises and catastrophes. Relaxation and mindfulness approaches include: progressive muscle relaxation, yoga, breathing, autogenics, imagery, and meditation/mindfulness. 5 mindfulness and meditation exercises are presented. The reader is guided through the worlds of stress management, returning again and again to the basics of mindfulness. Mindfulness becomes a lens through which one views stress and stress management. Includes the guiding self-assessment tool, M-Tracker 8.

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