

STRESS MANAGEMENT

The Complete Idiot's Guide to Managing Stress

by Jeff Davidson 155.904 D
A revised and updated edition
to managing the number-one
cause of chronic illness –
stress.

Good Stress, Bad Stress

by Barry Lenson 155.904 L
Lenson's book is based on the
theory that a certain amount of
stress is necessary in order for
humans to reach their
potential.

In Control

by Redford and Virginia
Williams 152.4 WIL
The authors teach readers how
to handle all types of stressful
situations.

Undoing Perpetual Stress

by Richard O'Connor
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The author of "Undoing
Depression" gives readers a
new approach to modern
misery by revealing the
missing connection between
depression, anxiety, and
21st-century illness.

Yoga for Stress Relief

by Swami Shivapremananda
613.704 S
Outlines a 90-day program
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The Little Book of Yoga Breathing

by Scott Shaw 613.7 S
The 15 breathing exercises outlined in this book are designed to calm and de-stress.

The Daily Six

by John Chappellear 158 C
Outlines strategies for becoming financially and professionally successful without compromising one's beliefs, with recommendations for the daily practice of six truths.

The Stressless Home

by Robert M. Bramson 646.78 B
The author offers a system of household organization designed to relieve pressures and conflicts in the home and encourage teamwork towards common goals

Dr. Susan Lark's Anxiety and Stress Self Help Book

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Examines the causes and symptoms of stress, and suggests programs using vitamins, herbs, minerals, and diets.



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