



Managing Stress: Skills for Self-Care, Personal Resiliency and Work-Life Balance in a Rapidly Changing World: Skills for Self-Care, Personal ... Work-Life Balance in a Rapidly Changing World

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Product Description

Updated to provide a modern look at the daily stressors evolving in our ever changing society, Managing Stress: Skills for Self-Care, Personal Resiliency and Work-Life Balance in a Rapidly Changing World, Tenth Edition provides a comprehensive approach to stress management, honoring the balance and harmony of the mind, body, spirit, and emotions. Referred to as the authority on stress management by students and professionals, this book equips readers with the tools needed to identify and manage stress while also coaching on how to strive for health and balance in these changing times. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of the mind-body-spirit connection. Every new copy includes Navigate Advantage Access online learning materials (<https://www.jblearning.com/catalog/productdetails/9781284204131>), including eBook, Workbook, 15 interactive lectures, 4 audio engagement files introducing each section, 4 meditation audio files and one relaxation video, student practice activities, learning analytics reporting tools, and more! Instructor Resources include: Slides in PowerPoint format, test bank, lecture outlines, lesson plans, grading and analytics tools with Navigate , and more.