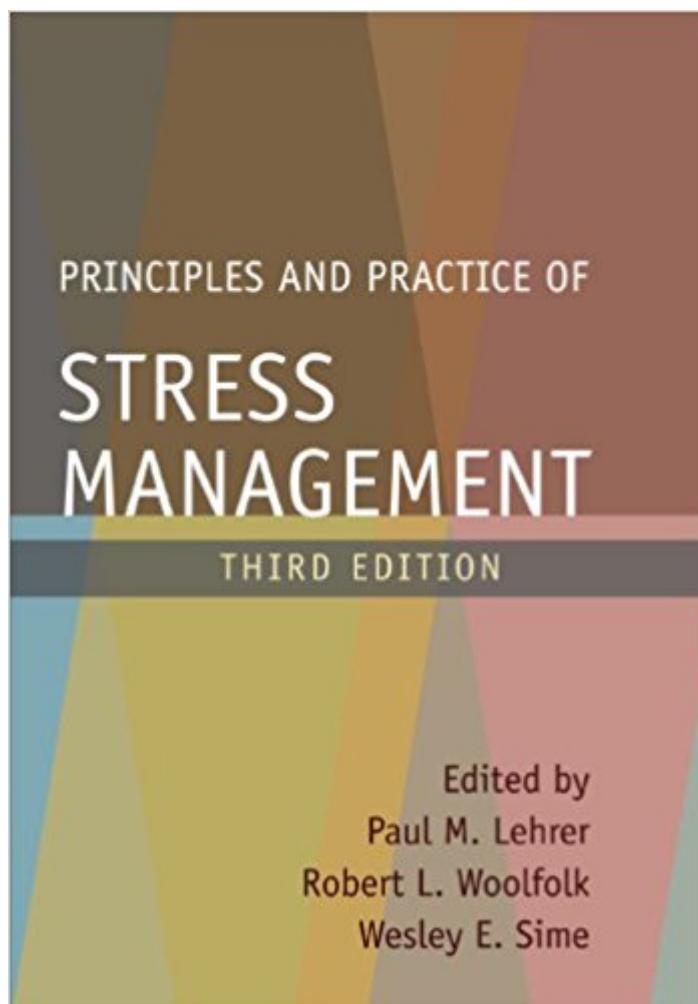


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Principles And Practice Of Stress Management, Third Edition



Synopsis

Structured for optimal use as a clinical reference and text, this comprehensive work reviews effective stress management techniques and their applications for treating psychological problems and enhancing physical health and performance. Leading experts present in-depth descriptions of progressive relaxation, hypnosis, biofeedback, meditation, cognitive methods, and other therapies. Tightly edited chapters examine each method's theoretical and empirical underpinnings and provide step-by-step guidelines for assessment and implementation, illustrated with detailed case examples. The volume also explains basic mechanisms of stress and relaxation and offers research-based guidance for improving treatment outcomes.

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Customer Reviews

"This unusually comprehensive volume provides exceptionally broad coverage of a wide variety of stress management methods. Chapters are well organized and include theoretical foundations, reviews of the empirical literature, discussion of clinical issues, and illustrative case studies. This book will be a valuable resource for clinicians and researchers and a useful text for graduate courses on stress management."--Ruth A. Baer, PhD, Department of Psychology, University of Kentucky "This third edition reclaims the preeminent position of this work as the primary text in the field. I have dozens of works on stress management on my shelves, but this one is among the most valuable and useful. I rely on it extensively in teaching and recommend it to my students as a vital reference and professional guide. The many new chapters and chapter updates make this

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Paul M. Lehrer, PhD, is a clinical psychologist and Professor of Psychiatry at the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School. He has published more than 100 articles and chapters, mostly on biofeedback, psychophysiology, and cognitive-behavioral therapy. Dr. Lehrer is past president of the Association for Applied Psychophysiology and Biofeedback and has received their Distinguished Scientist Award. He also recently served as president of the International Society for the Advancement of Respiratory Psychophysiology and of the International Stress Management Association-USA Branch (ISMA-USA). Robert L. Woolfolk, PhD, is Professor of Psychology and Philosophy at Rutgers, The State University of New Jersey, and Visiting Professor of Psychology at Princeton University. He has published widely on psychotherapy, psychopathology, and the philosophical foundations of psychology. A practicing clinician for more than 30 years, Dr. Woolfolk has sought in both his practice and research to integrate the scientific and humanistic traditions of psychotherapy. He is coauthor of Stress, Sanity, and Survival and Treating Somatization, and author of The Cure of Souls: Science, Values, and Psychotherapy. Wesley E. Sime, PhD, is a health psychologist and stress physiologist and Professor in the Department of Nutrition and Health Science at the University of Nebraska-Lincoln. He is past chair of both the Biofeedback Certification Institute of America and ISMA-USA. Dr. Sime was an early contemporary of Hans Selye and Edmund Jacobson and continues to facilitate stress management developments with Paul Rosch, Charles Spielberger, and James Quick. He is also a consultant in medical and sports performance settings.

This book is perfect for any information on Stress Management which I need to do. I am taking a course on this subject and this was one of the titles recommended.

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