

Stress Management For Life: A Research-Based Experiential Approach



Synopsis

Clearly explaining the "how to" of stress management and prevention, **STRESS MANAGEMENT FOR LIFE**, 4e emphasizes experiential learning and encourages readers to personalize text information through practical applications and a "tool box" of stress-reducing resources, including activities and online stress-relief audio files. Michael Olpin and Margie Hesson offer more than just a book about stress; they offer readers a life-changing experience. Well-researched and engaging, the book empowers students to experience personal wellness by understanding and managing stress, gives stress-related topics a real-life context, and motivates students to manage stress in a way that accommodates their lifestyle, values, and goals.

Book Information

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Customer Reviews

#BeUnstoppable with Stress Management for Life: A Research-Based Experiential Approach!

[View larger](#) [View larger](#) [View larger](#) [View larger](#) [Stress-busting behavior.](#) Boxes with quick activities give you an opportunity to apply chapter content to your own life. [Narrated stress-relief relaxation activities.](#) Practice relaxation as you experience each stress-management technique. Each relaxation technique audio file is in MP3 format so it can be downloaded to the computer, and then transferred to an MP3 device, such as an iPod or MP3 player. [FYI.](#) Tidbits of motivational information are scattered throughout the chapters. [Time tips.](#) Proven suggestions from students help you prevent stress by more effectively managing your time.

Michael Olpin is a full professor and the Director of the Health Promotion Program at Weber State University. He has studied and researched the science of stress management for over 30 years. He received his Ph.D. in Health Education from Southern Illinois University, his M.A. in health promotion, and his B.A. in organizational psychology from Brigham Young University. He has taught at several universities across the nation, including West Virginia University, Virginia Tech, Concord University, Southern Illinois University, Brigham Young University, and Weber State University. Mike's teaching includes many areas of health and wellness, but his primary focus is on stress management, mind/body health, peak performance, mental and emotional wellness, health research methods, and wellness coaching. He has presented papers and spoken at many conferences, workshops, and seminars around the country. In addition to these speaking engagements, he also consults with sports teams and athletes, individuals, and other community groups. He is the founder and Director of the Stress Relief Center at Weber State University where he conducts research and works with thousands of students, faculty, staff, and community members in helping them reduce their stress and reach peak performance. His website, StressManagementPlace.com focuses on stress management and wellness education. He has authored and co-authored two general-audience books on stress management. Margie Hesson is a Registered Nurse and an Instructor in the College of Nursing at South Dakota State University, where her teaching focus areas are stress management, epidemiology, population-based health care, and complementary/alternative health care. She is endorsed by the American Holistic Nurses Association as a Certified Holistic Stress Management Instructor and is the author of two general-audience books on stress and healthy living and a contributing author to numerous textbooks. In addition to more than 40 years' experience as a nurse and a teacher, she has been director of corporate health promotion and is active as a health ministry consultant to churches. She presents and consults on stress management and health promotion topics at state, national, and international levels.

Ahh the ability to UNDERSTAND how to relax and be less stressed.

This is a well written book geared for the 4 year degree health science major. It helps you take a look at the "big picture" and allows you to practice what you've learned. The key to handling stress is your Awareness.

I needed this book for my stress management class and this literature was very well written. Not only was this book good for the class but it had a lot of great tips for life in general. Personally it was not a boring book at all, made a lot of sense and helped understand how stress develops.

The book was ok the course was stressful more than anything

Love it

I needed this book for a class at college, it served its purpose well.

Well organized, easy to navigate through, and explains the material pretty well.

Awesome textbook!

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