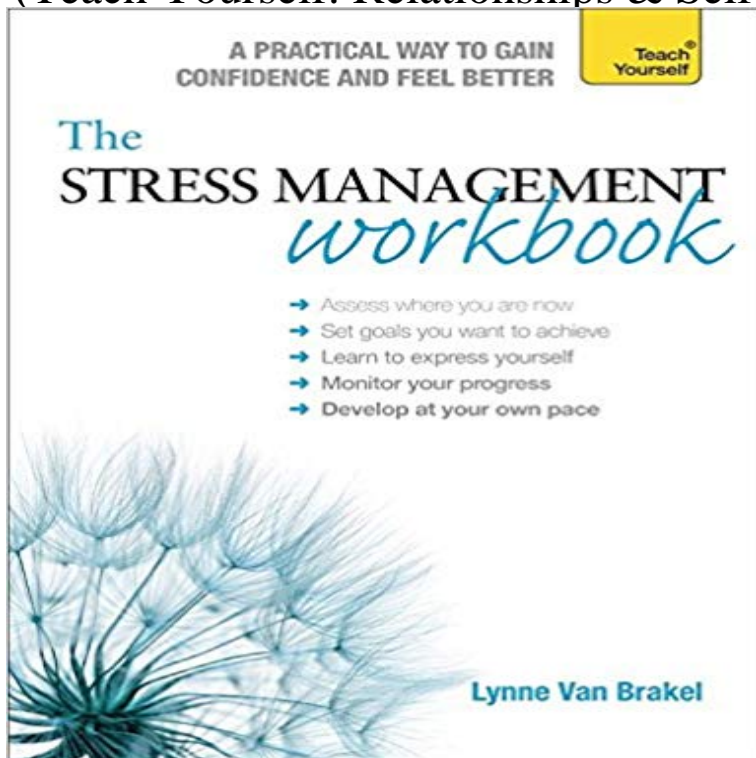


# The Stress Management Workbook: A guide to developing resilience (Teach Yourself: Relationships & Self-Help)



Are you suffering from the effects of stress? Do you want to learn techniques that will help you relax? Would you like lasting strategies to help you set goals for feeling happier and coping with stressful times in the long term? This workbook uses a compassionate approach based on positive psychology, and a whole-life approach along with self-assessment and interactive tasks to help you manage your stress. It doesn't just tell you how to feel more relaxed; by using diagnostic tests, practical exercises, and thought challenges, it will show you how to set new goals for achieving happiness, and help you make plans to achieve a better sense of balance. The contents help you identify your particular personality type, allowing you to pick a path through the book that works for you, while the coverage includes such cutting-edge techniques as mindfulness and compassion, in addition to giving you practical support for stressful situations and long-term planning for a happier future.

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