



# Stress Management and Prevention: Applications to Daily Life

*David D. Chen, Jeffrey A. Kottler*

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*Stress Management and Prevention, Second Edition* offers a fun and exciting way to learn about stress, its causes, and ways to deal with and prevent it. Not only will you enjoy reading it, but you'll also find yourself motivated to continue incorporating what you learn into your life long after your class is over. You'll explore both Western and Eastern views of stress to learn about its nature, what can trigger it, and the impact it can have on your body and your life. Numerous coping strategies are explored, including problem solving and time management skills, psychological and spiritual relaxation methods, and healthy nutritional and lifestyle choices. Self-reflection and self-awareness exercises, activities, and hands-on techniques will show you how to effectively and easily manage your stress and, most importantly, prevent it from reoccurring.

A collection of 17 videos to accompany the text are available here:  
[www.youtube.com/user/routledgetherapy](http://www.youtube.com/user/routledgetherapy).

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