



Managing Stress: Principles and Strategies for Health and Wellbeing

Brian Luke Seaward

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Highly acclaimed as the authoritative text, *Managing Stress* represents the most comprehensive and contemporary resource available on the topics of stress management and health psychology. By offering a holistic approach to the problem of stress, Seaward gently guides the reader to achieve a greater level of mental, emotional, physical and spiritual wellbeing by emphasizing the ageless wisdom of mind-body-spirit unity. *Managing Stress* is beautifully illustrated extremely well researched, and full of thought provoking stories and exercises to fully engage the reader. Several new features have been added to this edition which incorporate the newest stress management techniques and strategies. Among them are: the most current information on stress and disease, including an update on ulcers and various components of the human energy field based on the work of Carolyn Nyss and Christiane Northrup, new perspectives on spiritual wellbeing from the mystic Hildegard Von Bingen and Deepak Chopra, and time management techniques, including insights from *Time Shifting* by Stephen Rechtschaffen.

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