



## Overcoming Stress

By Robert Bor, Carina Eriksen, Sara Chaudry

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Overcoming Stress, Robert Bor, Carina Eriksen, Sara Chaudry, Stress is always with us, but a raft of new studies indicates that it has especial significance in today's world. With job and economic uncertainty, and increasing pressure on time, many people face the reality of stress in a very real and everyday way. Fear, insecurity, alcohol and drug dependency, unhealthy working practices, sleep deprivation, disrupted social and family life - these are just some of the challenging psychological consequences. This book looks at sources of stress, and how far these are modifiable without people abandoning themselves or their integrity. Topics include: tried-and-tested methods for assessing stress coping with specific common challenges such as fear and low mood dealing with sleep deprivation alcohol and drug misuse the link with phobias coping with interpersonal problems.



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