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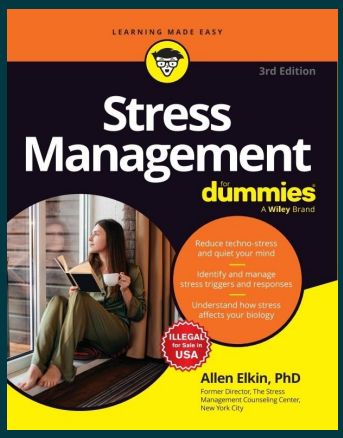

Stress Management For Dummies, 3ed

By Allen Elkin

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Description

The consequences of not dealing with stress range from poor health and broken marriages to premature death: not a very cheerful outlook. Whether it's love, work, family, or something else that's got your anxiety in the red zone, this third edition of Stress Management For Dummies helps readers identify the stress triggers in their life and cut them down to size, with new and updated advice. New to this edition:

- New scientific findings on the relationship between stress and our health
- A new chapter introducing readers to ACT therapy, Acceptance and Commitment Therapy
- Updated material diving into the power of gratitude and perspective
- An expanded section on how technology can negatively affect us and our children

About the Author

Allen Elkin

Allen Elkin, Ph.D. (New York, NY), is a clinical psychologist, a certified sex therapist, and the director of The Stress Management & Counseling Center in New York City. Nationally known for his expertise in the field of stress and emotional disorders, he has appeared frequently on Today, Good Morning America, and Good Day New York, as well as programs of PBS, CNN, FNN, Fox 5, and National Public Radio. He has been quoted in The New York Times, The Wall Street Journal, The Washington Post, Newsweek, Men's Health, Fitness, Cosmopolitan, Glamour, Redbook, Woman's Day, Self, Mademoiselle, McCall's, Parents, and other publications. Dr. Elkin holds workshops and presentations for professional organizations and corporations, including the American Society of Contemporary Medicine and Surgery, the Drug Enforcement Agency, Morgan Stanley, IBM, PepsiCo, and the New York Stock Exchange.

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