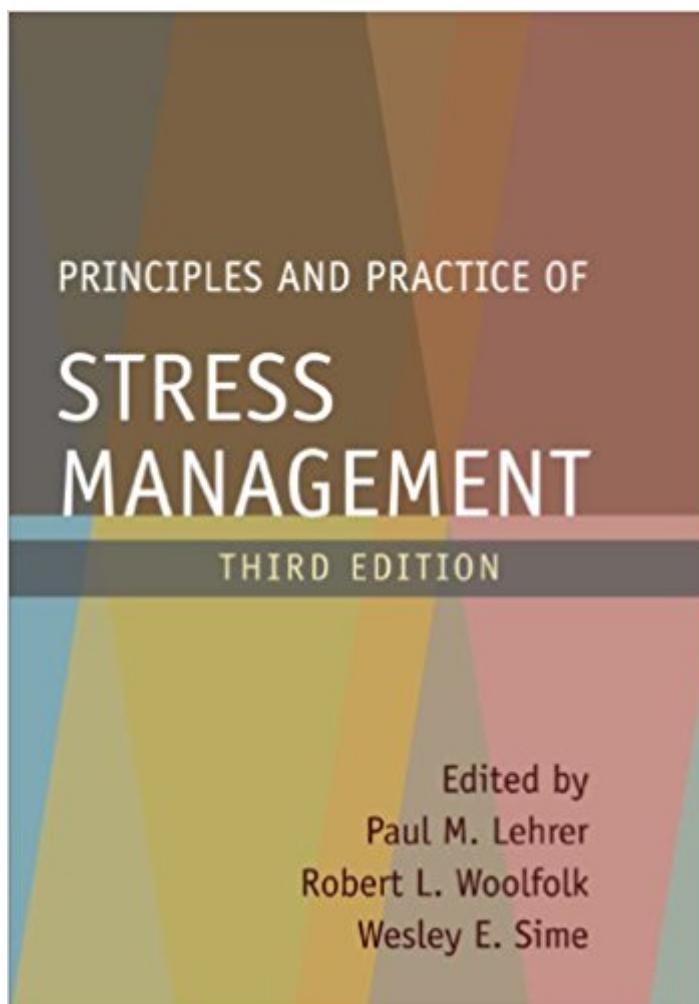


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# Principles And Practice Of Stress Management, Third Edition



## **Synopsis**

Structured for optimal use as a clinical reference and text, this comprehensive work reviews effective stress management techniques and their applications for treating psychological problems and enhancing physical health and performance. Leading experts present in-depth descriptions of progressive relaxation, hypnosis, biofeedback, meditation, cognitive methods, and other therapies. Tightly edited chapters examine each method's theoretical and empirical underpinnings and provide step-by-step guidelines for assessment and implementation, illustrated with detailed case examples. The volume also explains basic mechanisms of stress and relaxation and offers research-based guidance for improving treatment outcomes.

## **Book Information**

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## **Customer Reviews**

"This unusually comprehensive volume provides exceptionally broad coverage of a wide variety of stress management methods. Chapters are well organized and include theoretical foundations, reviews of the empirical literature, discussion of clinical issues, and illustrative case studies. This book will be a valuable resource for clinicians and researchers and a useful text for graduate courses on stress management."--Ruth A. Baer, PhD, Department of Psychology, University of Kentucky "This third edition reclaims the preeminent position of this work as the primary text in the field. I have dozens of works on stress management on my shelves, but this one is among the most valuable and useful. I rely on it extensively in teaching and recommend it to my students as a vital reference and professional guide. The many new chapters and chapter updates make this

revision particularly valuable. I have been looking forward to a great third edition, based on its predecessors, and my expectations were clearly met."--Mark S. Schwartz, PhD, Department of Psychiatry and Psychology (Emeritus), Mayo Clinic, Jacksonville, FloridaÂ "This splendid third edition is especially welcome. It provides a comprehensive update of theoretical and empirical foundations of stress management, giving close attention to the practical needs of clinicians. And at a time of renewed interest in complementary and alternative medicine, its coverage of research and clinical issues provides a model for all to consider in the development and evaluation of new approaches in health care."--David Shapiro, PhD, Department of Psychiatry and Biobehavioral Sciences (Emeritus), UCLA School of Medicine, and Psychophysiology Laboratory, UCLA Neuropsychiatric InstituteÂ "In 1984, when the first edition of this work appeared, stress management was new. By 2007 an impressive knowledge base has emerged. This updated third edition remains the authoritative leader in the field--essential reading for established clinicians, researchers, and advanced clinical students whose concerns include contemporary biofeedback and body-mind interactions."--Cyril M. Franks, PhD, Distinguished Professor Emeritus, Graduate School of Applied and Professional Psychology, Rutgers, The State University of New JerseyÂ "It is always a pleasure to peruse a cleverly crafted book by editors who are guided by a vast array of research data and clinical findings, backed up by extensive personal experience. Lehrer et al. continue and amplify the fine tradition of scholarship demonstrated in prior editions of this exemplary work."--Arnold A. Lazarus, PhD, private practice, Skillman, New Jersey "In this third edition of their classic text, Lehrer et al. have assembled a distinguished group of experts to produce a volume that is both comprehensive and timely. It covers all of the major theoretical perspectives on stress and stress management, and provides an ideal balance between reviewing the latest scientific findings and offering detailed, practical, step-by-step descriptions of various treatment approaches. This is a perfect text for students or clinicians who are looking for one book on the topic of stress management, as well as for researchers who study this area."--Martin M. Antony, PhD, ABPP, Department of Psychology, Ryerson University, Toronto, Ontario, Canada "This reference book gives us a remarkable insight into the huge variety of interventions available for the universal ailment of stress." (British Journal of Psychiatry 2008-10-02) "This is the best single book published to date on stress management. It incorporates salient reviews of the literature as well as practical information for implementing these interventions. Not only are a wide variety of treatments considered, but there are chapters on their use in specific disorders....A worthwhile reference for clinical psychologists involved in the treatment of stress-related disorders....5 stars!" (Doody's Review Service 2008-10-02)

Paul M. Lehrer, PhD, is a clinical psychologist and Professor of Psychiatry at the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School. He has published more than 100 articles and chapters, mostly on biofeedback, psychophysiology, and cognitive-behavioral therapy. Dr. Lehrer is past president of the Association for Applied Psychophysiology and Biofeedback and has received their Distinguished Scientist Award. He also recently served as president of the International Society for the Advancement of Respiratory Psychophysiology and of the International Stress Management Association-USA Branch (ISMA-USA). Robert L. Woolfolk, PhD, is Professor of Psychology and Philosophy at Rutgers, The State University of New Jersey, and Visiting Professor of Psychology at Princeton University. He has published widely on psychotherapy, psychopathology, and the philosophical foundations of psychology. A practicing clinician for more than 30 years, Dr. Woolfolk has sought in both his practice and research to integrate the scientific and humanistic traditions of psychotherapy. He is coauthor of Stress, Sanity, and Survival and Treating Somatization, and author of The Cure of Souls: Science, Values, and Psychotherapy. Wesley E. Sime, PhD, is a health psychologist and stress physiologist and Professor in the Department of Nutrition and Health Science at the University of Nebraska-Lincoln. He is past chair of both the Biofeedback Certification Institute of America and ISMA-USA. Dr. Sime was an early contemporary of Hans Selye and Edmund Jacobson and continues to facilitate stress management developments with Paul Rosch, Charles Spielberger, and James Quick. He is also a consultant in medical and sports performance settings.

This book is perfect for any information on Stress Management which I need to do. I am taking a course on this subject and this was one of the titles recommended.

Scientific overview of not regular but effective principles and practise managing of stress. Need to take your time to understand

Excellent book for professionals working in stress management. Updated and deep. Armando Ribeiro das Neves Neto. Sao Paulo, Brazil.

This is THE book on stress management I always waited for! I rely on this book in both university teaching and in stress management trainings for employees. The book is timely, very comprehensive and extremely useful for researchers as well as practitioners. It puts sufficient

emphasis on theoretical underpinnings and gives concrete examples for exercises and client or training participant instructions. Great!Simone Grebner, PhD

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