

Lifestyle Books

Cracking the Stress Problem

We face stress at every stage of life – from infancy to old age. The intensity is different in men, women, adolescents, and so on.

Our success and quality of life depend on how we deal with stress.

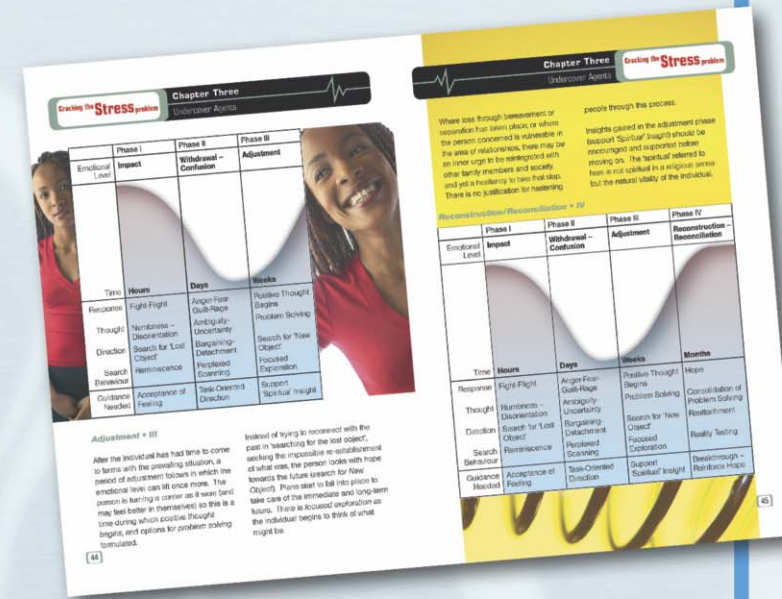
When it comes to dealing with stress, although we can benefit from outside help and co-operation, our survival is down to our own understanding of our condition and our ability to initiate techniques which will help us to control our reactions to the problems of life.

Richard Willis tackles these issues by placing them in a number of contexts and giving stress management programmes.

Series: Lifestyle Books
204pp Hardback
Richard J. B. Willis

Cracking the Stress Problem covers topics such as:

- The dynamics of stress
- The problems of life
- Reality checklists
- The wider cost of stress
- Sensing the danger
- The anxiety state
- Vulnerability
- Physical and mental health: the stress effect
- Self-manufactured stress
- Change and crisis
- Lifestyle change stress indicator
- Deep breathing
- Planning for recovery
- Finding the right solution
- Coping in practice
- Where to find help
- Relaxation
- Fears and phobias
- Childhood and adolescent stress



- Symptoms and effects of depression
- Work stress
- Women and stress
- Ageing and stress
- A crisis of faith
- Hope and optimism



This practical book is full of charts, exercises, self-evaluation tests and useful techniques that will surely help us understand and finally crack the stress problem.

Remember that our success and quality of life depend on how we deal with stress.