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The Relaxation and Stress Reduction Workbook (New Harbinger Self-Help Workbook)

By Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay

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The Relaxation and Stress Reduction Workbook broke new ground when it was first published in 1980, detailing easy, step-by-step techniques for calming the body and mind in an increasingly overstimulated world. Now in its sixth edition, this workbook, highly regarded by therapists and their clients, remains the go-to source for stress reduction strategies that can be incorporated into even the busiest lives.

This new edition is updated with powerful relaxation techniques based on the latest research, and draws from a variety of proven treatment methods, including progressive relaxation, autogenics, self-hypnosis, visualization, and mindfulness and acceptance therapy.

In the first chapter, you'll explore your own stress triggers and symptoms, and learn how to create a personal plan for stress reduction. Each chapter features a different method for relaxation and stress reduction, explains why the method works, and provides on-the-spot exercises you can do to apply that method when you feel stressed. The result is a comprehensive yet accessible workbook that will help you to curb stress and cultivate a more peaceful life.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Find more help online at elearning.newharbinger.com. **Self-Help Therapy** offers web-based treatment for stress reduction based on the book **The Relaxation and Stress Reduction Workbook**. Other modules in **Self-Help Therapy** offer treatment for anxiety, depression, borderline personality disorder and anger.

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- Sales Rank: #7920 in Books
- Brand: imusti
- Published on: 2008-05-03
- Original language: English
- Number of items: 1

- Dimensions: 9.75" h x 8.00" w x 1.00" l, 1.75 pounds
- Binding: Paperback
- 392 pages

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Editorial Review

Review

"This comprehensive workbook deserves to be in the library of every active therapist, but it shouldn't be left on the shelf! Once again, the authors have empowered the reader with straightforward instructions on every major approach to stress management known. From worry to chronic headaches to information overload, here is your one-stop guide to recovery."

—R. Reid Wilson, PhD, author of *Don't Panic: Taking Control of Anxiety Attacks*

"This text remains, after twenty years, the clearest, best-organized, and most readable book on stress management. It has achieved the status of the 'classic' self-help reference in the field."

—Edmund J. Bourne, PhD, author of *The Anxiety and Phobia Workbook*, *Coping with Anxiety*, and *Beyond Anxiety and Phobia*

"An exemplary book on stress. It is lucidly written, rationally ordered, and comprehensive, and each section is densely packed with instructions and exercises which make the workbook easy to practice."

—*Somatics Magazine: Journal of the Mind/Body Arts and Sciences*

About the Author

Martha Davis, PhD, was a psychologist in the department of psychiatry at Kaiser Permanente Medical Center in Santa Clara, CA, where she practiced individual, couple, and group psychotherapy for more than thirty years prior to her retirement. She is coauthor of *Thoughts and Feelings* and *The Relaxation and Stress Reduction Workbook*.

Elizabeth Robbins Eshelman, MSW, is a licensed clinical social worker who worked as a staff operations consultant for the marketing and internet services group of the Kaiser Foundation Health Plan. She is now retired and lives in the San Francisco Bay Area. She is preparing to become a certified coach for executives and other individuals and plans to use skills and techniques from this book in her practice.

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem*, *Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

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Michael Bennett:

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