



Comprehensive Stress Management

Jerrold S. Greenberg

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Greenberg's Comprehensive Stress Management integrates research and theories found useful when dealing with the inevitable occurrence of stress, with an emphasis on the interrelation of stress and illness. The 14th edition provides up-to-date information on stress associated with college student debts and technology use, as well as a new perspective on religion and spirituality as it relates to stress. The Connect course for this offering includes SmartBook, an adaptive reading and study experience which guides students to master, recall, and applies key concepts while providing automatically-graded assessment. This technology empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills necessary to manage stress.

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