



Mind the Gap: Coping with Stress in the Modern World

Mary E McNaughton-Cassill

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Mind the Gap: Coping with Stress in the Modern World explores the stress of modern life and how thoughts and feelings can both create and bridge the gap between what we have and what we want. Unlike standard textbooks in the field that tend to take a theoretical approach to stress, this conversational, accessible audiobook focuses on helping listeners identify and understand the sources of stress in their lives from a practical perspective. The text explores how stress is generated in the brain and body and provides realistic suggestions for learning to manage these responses. Topics include:

- Technology and Stress
- The Media and Stress
- Time as a Source of Stress
- Diet, Exercise, and Stress
- Stress, Health, and Aging
- Social Support and Stress
- The Four Corners of Stress

Each chapter begins with an outline of key points and ends with a set of "What Do You Think?" questions designed to give listeners the opportunity to reflect on what they have learned and to develop personal stress management strategies. *Mind the Gap* can be used in courses dealing with stress management, health psychology, and personal growth or simply as a means for individuals to understand and manage their own stress.

Mary E. McNaughton-Cassill earned her PhD in psychology through The Joint Doctoral Clinical Program at the University of California, San Diego, and San Diego State University. Dr. McNaughton-Cassill is an associate professor of clinical psychology at the University of Texas, San Antonio, and a licensed psychologist in the state of Texas. A recognized authority on stress, she has presented locally, regionally, and nationally, and her professional writing has appeared in the *Journal of Nervous and Mental Disease*, the *Journal of Applied Social Psychology*, the *Marriage & Family Review*, *Anxiety, Stress, and Coping*, and the *Journal of Media Psychology*.

The accompanying reference guide is included as a PDF on this disc.

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