



The Smart Guide to Managing Stress (Smart Guides)

Bryan Robinson

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Practical tips and exercises on the nature of stress and what individuals can do to minimize it, manage rest, and live healthy, productive, and stress-free lives are the hallmarks of this engaging manual. The quizzes, action-oriented exercises, real-life anecdotes, and stress research and statistics offered in the book help readers identify the stressors in their lives, take and reduce their “stress temperature,” relieve work stress, and power down and relax with deep breathing, mindfulness meditation, progressive muscle relaxation, and yoga. This multifaceted guide also discusses how to master negative self-talk, beef up one’s resistance to stress, reengineer the brain to remain cool under pressure, and become a master—rather than a slave—of electronic devices.

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