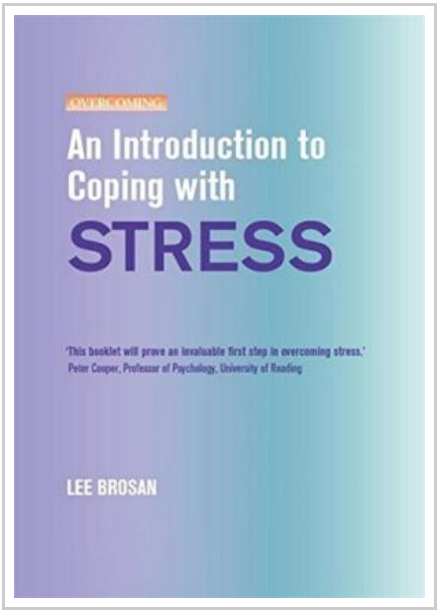


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An Introduction to Coping with Stress

By Leonora Brosan

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Stress, Leonora Brosan, This is a new addition to the popular 'Introduction to Coping with' series of self-help booklets. Written by the author of the popular self-help title Overcoming Stress, An Introduction to Coping with Stress offers a first step in CBT-based self-help. We all know what stress feels like, and indeed what it feels like when we have too much stress in our lives. Too much stress can have a negative impact on us, almost without our noticing it. It can affect our family life, friendships and other relationships, our work life and our physical and emotional wellbeing. This self-help guide uses CBT strategies to help the reader to recognise what happens to us when we are under stress and how we can change how we feel, think and act in order to regain a more balanced outlook on life and manage it more effectively. This practical booklet is also an ideal resource for health professionals and carers.

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