



# Comprehensive Stress Management

*Jerrold S. Greenberg*

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## **Comprehensive Stress Management** Jerrold S. Greenberg

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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## **Comprehensive Stress Management Details**

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## From Reader Review Comprehensive Stress Management for online ebook

### Abigail says

This book was used for school. Not bad for a textbook and had much more science stuff in it than I would have thought. Overall it was very informative and I will be keeping it as a reference book.

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### Aja says

Great book for teaching Stress Management. Great combination of information, interaction, assessments, and student involvement in their own health.

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### Nik says

It is nearly impossible to rate a textbook fairly, but I intend to do my best here. This book functions much like other general stress management or health books may function. It splits up an already fairly accessible topic and tries to teach you something about the subjects within.

Jerrold S. Greenberg is a master in his field in the sense that he has a doctorate degree. I would expect a stuffy approach to stress management broken down into several boring subcategories, but in this aspect, I was pleasantly surprised. Yes, the book still addresses the mundane of stress psycho-physiology, stress disease, college stress, interventions, spirituality as it relates to stress, meditation, relaxation techniques, exercise, diversity and family stress. Greenberg has a unique perspective that is often missing from the academic writings students study. His own personal voice.

In using "I" and "me," Greenberg not only draws the reluctant student in, but he is able to be more additive in his work. The text is littered with personal stories that make the disconnect between doctorate degree holder and upper-level undergraduate student less severe. I felt like this made the study of something outside of my own field more interesting. I cannot pretend I was delighted, suddenly, to study stress management. I can say that I was not as tortured as I initially felt.

The evidence for each discussion goes beyond the "riveting" statistics found in academic journals and delves into the evidence of personal experience, which in my opinion, is lacking from college studies. The book also encourages me to reach out to the other sources on the subject, often including specific addresses where I can write to for more information, should such intense interest invade my studious soul.

I think the book accomplishes its goal. It wants to give us an overview that is slightly deeper than the average stress management book, but stays close enough to the superficial layer of the subject to remain tangible. It suggests that there is something beyond what is merely presented in the book, while making no assumptions that you care to investigate further. It allows you to decide your level of interest while still providing you everything you need to know.

Surely, it is fair to assume I am more than qualified to review the book? I am, after all, a college student. I do have stress in my life (being human pretty much allows you to meet this qualification). I have read the book in its entirety. I have not skimmed nor skipped, nor lazily consulted the glossary to pass my exams. I have read the book, and this review is the product of that read.

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**Ida says**

user-friendly, and informative

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