



## Stress Control: A Mind, Body, Life Approach to Boosting Wellbeing (Paperback)

By Jim White

Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Stress is part and parcel of life. We all get it. Think of blood pressure. If you are alive, you have blood pressure. If you are alive, you have stress. If your blood pressure gets too high, you should do something about it. The same is true with stress and this book will help you to control it. Stress can be a mixture of anxiety, depression, panic feelings, poor sleep, low self-confidence, low self-esteem and a poor sense of wellbeing. It is one of the most common problems in the world today. But controlling your stress doesn't have to mean expensive therapy or a long waiting list for a referral to a service. This book will teach you to become your own therapist: \* Learn about stress and how it affects you \* Follow straight-forward steps to get an instant sense of control \* Develop a set of linked skills for long-term stress management \* Boost your wellbeing \* Feel in control of your future This accessible, jargon-free book combines clinically proven methods from cognitive behavioural therapy (CBT), positive psychology and mindfulness to give you the tools you need to...



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