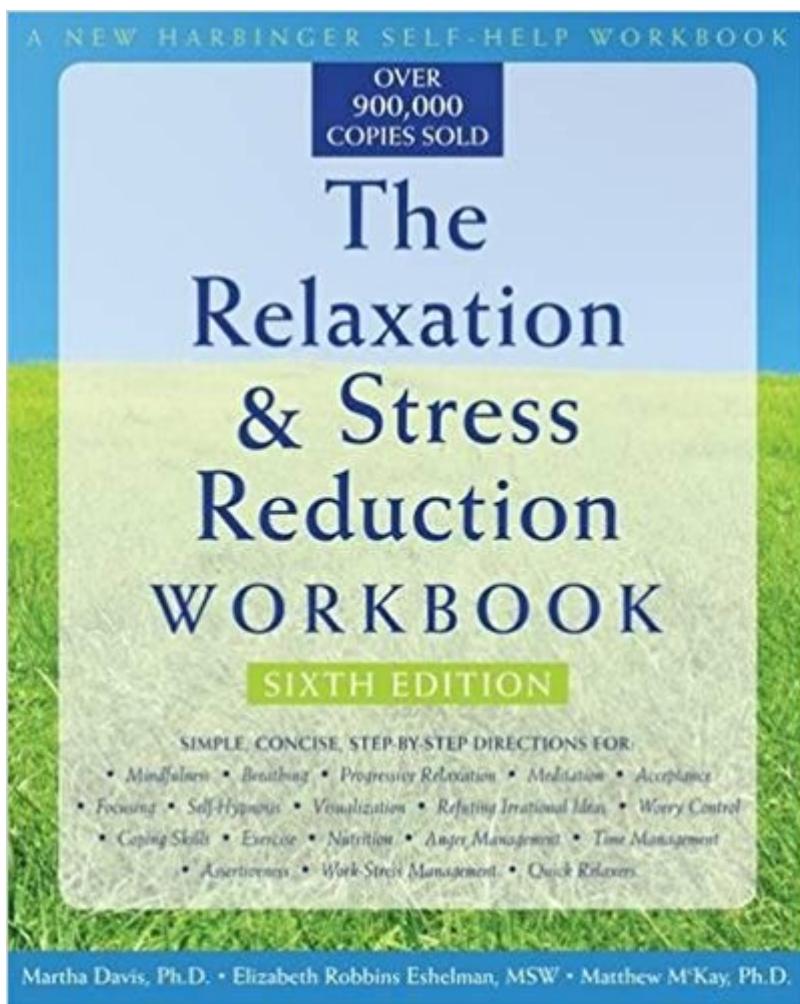


The book was found

The Relaxation And Stress Reduction Workbook (New Harbinger Self-Help Workbook)



Synopsis

The Relaxation and Stress Reduction Workbook broke new ground when it was first published in 1980, detailing easy, step-by-step techniques for calming the body and mind in an increasingly overstimulated world. Now in its sixth edition, this workbook, highly regarded by therapists and their clients, remains the go-to source for stress reduction strategies that can be incorporated into even the busiest lives. This new edition is updated with powerful relaxation techniques based on the latest research, and draws from a variety of proven treatment methods, including progressive relaxation, autogenics, self-hypnosis, visualization, and mindfulness and acceptance therapy. In the first chapter, you'll explore your own stress triggers and symptoms, and learn how to create a personal plan for stress reduction. Each chapter features a different method for relaxation and stress reduction, explains why the method works, and provides on-the-spot exercises you can do to apply that method when you feel stressed. The result is a comprehensive yet accessible workbook that will help you to curb stress and cultivate a more peaceful life. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit â• an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. Find more help online at elearning.newharbinger.com. Self-Help Therapy offers web-based treatment for stress reduction based on the book The Relaxation and Stress Reduction Workbook. Other modules in Self-Help Therapy offer treatment for anxiety, depression, borderline personality disorder and anger. A Reading Well Books on Prescription title.

Book Information

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Customer Reviews

"This comprehensive workbook deserves to be in the library of every active therapist, but it shouldn't be left on the shelf! Once again, the authors have empowered the reader with straightforward instructions on every major approach to stress management known. From worry to chronic headaches to information overload, here is your one-stop guide to recovery." •R. Reid Wilson, PhD, author of *Don't Panic: Taking Control of Anxiety Attacks*"This text remains, after twenty years, the clearest, best-organized, and most readable book on stress management. It has achieved the status of the 'classic' self-help reference in the field." •Edmund J. Bourne, PhD, author of *The Anxiety and Phobia Workbook*, *Coping with Anxiety*, and *Beyond Anxiety and Phobia*"An exemplary book on stress. It is lucidly written, rationally ordered, and comprehensive, and each section is densely packed with instructions and exercises which make the workbook easy to practice." •Somatics Magazine: Journal of the Mind/Body Arts and Sciences

Martha Davis, PhD, was a psychologist in the department of psychiatry at Kaiser Permanente Medical Center in Santa Clara, CA, where she practiced individual, couple, and group psychotherapy for more than thirty years prior to her retirement. She is coauthor of *Thoughts and Feelings* and *The Relaxation and Stress Reduction Workbook*. Elizabeth Robbins Eshelman, MSW, is a licensed clinical social worker who worked as a staff operations consultant for the marketing and internet services group of the Kaiser Foundation Health Plan. She is now retired and lives in the San Francisco Bay Area. She is preparing to become a certified coach for executives and other individuals and plans to use skills and techniques from this book in her practice. Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem*, *Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

So, from what I have seen reading through this book is that there is a huge amount of options to choose from for reducing stress and inducing relaxation. It is not wise to try them all, or to think you need to try them all. Try them until you hit one that clicks for you, then stick to that one and master it daily. Then, once you have really gotten good at, go through more of the options until you hit one that works for you then stick only to that one and work on it until you master it. You can not do everyone of these exercises every day, but it is not a bad thing that there are so many choices!. It just means it is an opportunity to individualize it for you. To make it the best possible "you" program and not just one option that is "supposed" to work for everyone. The one technique that is AMAZING for me is the diaphragmatic breathing. I have known about diaphragmatic breathing for a really long time, but for some reason the instructions I got were never good enough. Well, the instructions in this book are the best I have seen for this breathing technique and skillfully pulling off a ten - twenty minute session of breathing this way while lying down is sublime. It feels like you are flipping the on switch on your relaxation response and you can just feel it through out your whole body. I think what makes this technique work so good for me as well is that I have been practicing the buteyko method which it a natural treatment for asthma. It is kind of a challenging technique, but I'm not sure I would be getting the awesome experience with the Diaphragmatic breathing if I wasn't using this technique also. If you follow my advice from the beginning of the review you will realize that this book will take you a really really long time to get through. There is so much here and that's a good thing. If it is all as well explained and referenced as it has been from the first few chapters then this is a really golden resource. For now I am digging down on to the diaphragmatic breathing. and excluding everything else, but I also exercise, meditate, and watch my diet which are all recommended in this book. The kindle version has been fine in my experience

Lots of great insight, activities and information about stress and anxiety. The chapters are organized in an easy to follow way and you can use the book in any order you like. Each chapter is self contained so you don't have to stick to one particular order. I find myself referring to this book every now and then and it really has helped me cope with stress. Side Note: I do not believe this book is NOT a replacement for seeing a professional therapist! If you feel your stress makes it difficult to cope in everyday life, please consider seeing a therapist.

Good book that explains the relationship between stress and chronic pain. Having taken a Behavioral Modification and Mindfulness class, I find that it does use several of the methods for getting on top of your stress. It does teach one how to meditate and most importantly, breath. If you

have never had the opportunity to study any types of relaxation, such as self hypnosis and other methods, and you suffer from severe pain due to a overwhelming schedule then this is a good starting place and a good workbook for starting. But, it doesn't take the place of seeking private and group therapy or beginning an exercise and diet regime. Overall the book is a great place to start.

My therapist recommended this book to me for my anxiety and depression. I find it incredibly helpful. I read through the chapters that I thought applied to me, and then I went back to each chapter and started working on the exercises in it until I felt comfortable to move on to a new one. I like that it gives you examples of how to do each exercise, and suggestions on how to incorporate them into your habits. I will be consulting this book for years to come I think.

This is a very useful workbook for people who have trouble with phobias, anxiety, depression, assertiveness, etc. It's a workbook though, which means that to get anything out of it you have to put a lot of time and effort into it. It is organized into different modules, which each take about 2+ weeks of daily practice to master. The beginning of the book has sort of a guide for which modules will be most helpful for you-- this isn't a book to read through chronologically. I found this book to be very useful while waiting to start treatment for a phobia. It's not a complete solution for me, but it has helped me to stop irrational thoughts and replace them with a more productive, or at least less worrisome, thought pattern. I think it's also useful for people who are around people with anxiety, depression, etc. because it can give you some ideas of questions to ask other people that might help them get their thoughts under control.

I've gotten to chapter 4. I love the assessments it has you do so far to help uncover some of your stressors. It's a great way to try and do some self-help.

Plenty of stress reduction techniques. It will prove handy eventually. Try all the techniques until you find the ones that work for you.

I read a lot of books on relaxation and anxiety. Most of them are confusing , lots of information and no clear solution. This book is very easy to read, and it teaches you several techniques. Just need to make time to work on it.

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