



**Stress Management for Life: A Research-Based  
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*Michael Olpin, Margie Hesson*

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STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH was written to emphasize experiential learning by clearly explaining the "how to" of stress management and prevention. Michael Olpin and Margie Hesson offer students more than just a book about stress; they offer students a life-changing experience. This text empowers students to experience personal wellness by understanding and managing stress. The authors encourage students to personalize the information in the text through practical applications and a "tool-box" of stress-reducing resources, including the "Stress Relief" DVD, and student "Activities Manual." Well-researched, this text gives stress-related topics a real-life context and helps motivate students to manage stress in a way that accommodates their lifestyle, values and goals. Your students will thank you for this text! After reading STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH, students will realize that living with stress is unnecessary and that there are simple and effective ways to create a happier, stress-free life.

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