



Stress Management For Dummies, 2nd Edition

Allen Elkin PhD

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Tired of letting stress have a negative impact on your life? Easy.

It's impossible to get through life without encountering stress. And unfortunately, most of us learn the incorrect ways to cope with it. Thankfully, *Stress Management For Dummies* gives you trusted, time-tested guidance on teaching your body and mind to properly cope with stress while keeping your sanity intact.

Whether it's love, work, family, or something else that has you in the red zone, this updated edition of *Stress Management For Dummies* will help you identify the stress triggers in your life and cut them down to size—all without losing your cool.

- Shows you how to use stress in a positive, motivational way instead of letting it negatively affect your life
- Teaches you to retrain your body and mind to react positively to stress
- Helps you overcome common stresses faced in modern life

If you want to manage stress and get back to living a normal life, *Stress Management For Dummies* has you covered.

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Manuel Coury:

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Daniel Gutierrez:

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