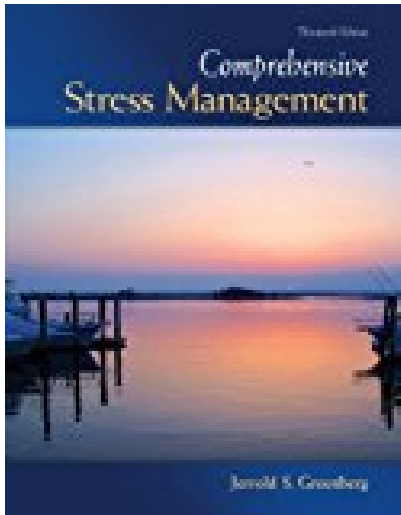


Loose Leaf Comprehensive Stress Management



BOOK DETAILS

- Author : Jerrold Greenberg
- Pages : 480 Pages
- Publisher : McGraw-Hill Education
- Language : English
- ISBN : 007780483X

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BOOK SYNOPSIS

Greenbergs 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. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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- The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping. Complete system requirements to use Connect can be found here:

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