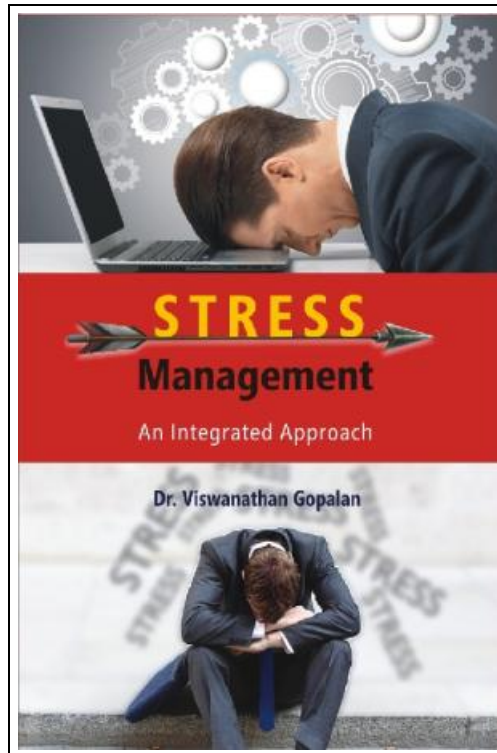


Stress Management : An Integrated Approach



Filesize: 9.19 MB

Reviews

I just started off looking at this pdf. Of course, it is perform, continue to an amazing and interesting literature. I realized this pdf from my dad and i recommended this book to understand.

(Mrs. Ettie Berge)

STRESS MANAGEMENT : AN INTEGRATED APPROACH



2016. Hardcover. Book Condition: New. 119 ABOUT THE BOOK:- This book brings to the reader, all the knowledge required to identify and manage stress. This book covers all the techniques known for identifying and managing stress in an integrated manner, such as positive thinking, exercises, relaxation, laughter, playing with children, travel, yoga, meditation and prayer, making the knowledge complete. Initial chapters deal with the nature and mechanisms of stress. The middle portion deals with the effects of stress on the various physiological and neurological systems in the human body. All coping mechanisms needed to combat stress are discussed in detail, such as positive thinking, exercises, relaxation, laughter, yoga meditation and prayer. A chapter is dedicated to spirituality and its use in managing stress. The book concludes with a case study on an integrated approach to stress management. The case study is gives the reader a practical application of his knowledge on stress. ABOUT THE AUTHOR:- Dr. Viswanathan Gopalan, settled in Pune, has had a career spanning several organizations of repute. He has worked in corporates such as HMT, Tata Motors and Tata Technologies. Highly qualified in Engineering with a Doctorate in Management, Dr. Viswanathan has worked in Machine Tools, Automobiles and Computer domains as a senior management team member. Dr Viswanathan has taught several subjects on management in several leading Educational Institutions in Pune. Dr. Viswanathan has presented in national and international conferences, a large number of research papers on management. He is a key member of Vidyavrikshah, an NGO serving the Visually Challenged Children. 'Motivation-The Essence of Living' and 'Knowledge Management- In Organizations and In People's Lives' are two books earlier published by Dr Viswanathan. 'Stress Management An integrated Approach' is his third book, meant for the common man as well as the members of the academic, andresearch community. CONTENTS:-...



[Read Stress Management : An Integrated Approach Online](#)



[Download PDF Stress Management : An Integrated Approach](#)

Related Kindle Books



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How...

[Save eBook](#)

»



Edge] the collection stacks of children's literature: Chunhyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2005 Pages: 815 Publisher: the Chinese teenager Shop Books all book....

[Save eBook](#)

»



A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)

Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic....

[Save eBook](#)

»



Fox All Week: Level 3

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Puffin Easy-To-Read ed.. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin...

[Save eBook](#)

»



Books for Kindergarteners: 2016 Children's Books (Bedtime Stories for Kids) (Free Animal Coloring Pictures for Kids)

2015. PAP. Book Condition: New. New Book. Delivered from our US warehouse in 10 to 14 business days. THIS BOOK IS PRINTED ON DEMAND.Established seller since 2000.

[Save eBook](#)

»