



Stress Management in Essence

Jennie Harding

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Designed to inspire and to motivate, *Stress Management in Essence* provides students with a beautifully illustrated, easy-to-follow introduction to holistic stress relief.

Stress affects all aspects of our existence -- that is, the physical, mental, and emotional elements of daily life. The key to sustaining relief from stress is to recognise stress patterns and understand how to manage them better. This book introduces means of developing self-awareness and provides a guide to simple, holistic methods of stress relief.

Stress Management in Essence concentrates on practical application with step-by-step photographs of relaxation routines. The book entuses students and encourages further study with questionnaires, case studies, FAQs, and detailed information on how to develop your skills. It is suitable for short stress-management courses and provides an invaluable guide enabling therapists or students of holistic therapies to evaluate, understand, and help themselves, as well as to provide advice to clients, friends, or family.

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