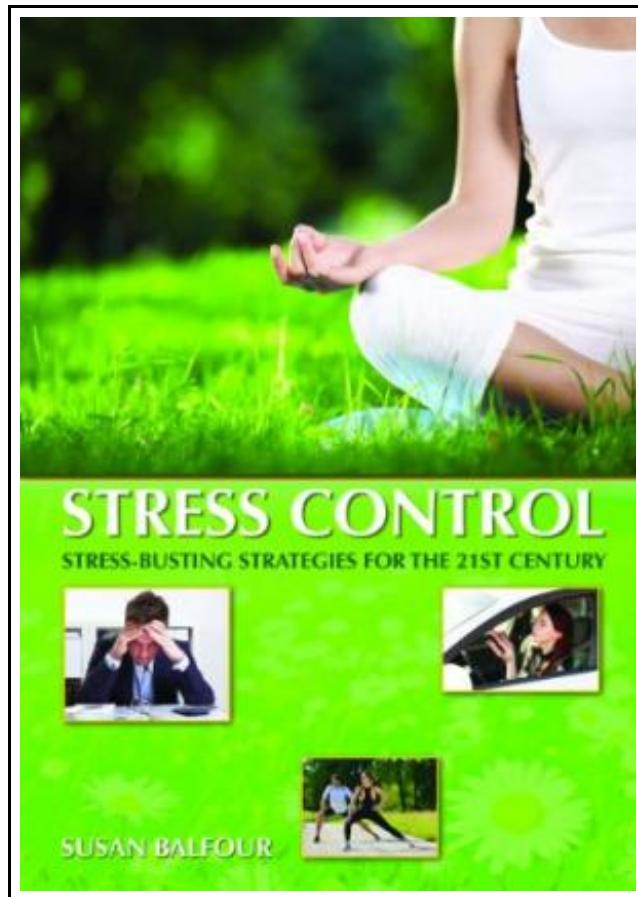


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Anshan Ltd. Paperback. Book Condition: new. BRAND NEW, Stress Control: Stress-Busting Strategies For The 21st Century, Susan Balfour, Many books have tackled the subject of stress. Some are heavy, academic and encumbered with jargon. Others maintain a lighter, rather superficial approach. This book is a happy blend of the best of both styles. Stress Control combines the necessary scientific information (such as physiological facts about the effects of stress on our bodily systems) with a contemporary snapshot on today's society, an analysis of what is happening to humankind now that we are well into the twenty first century. In this book Susan Balfour takes a fresh, contemporary look at the dilemmas we face in today's society. She proposes alternative ways of approaching and thinking about life and its challenges, and suggests solutions from ancient classical wisdom which can be applied to modern problems. In particular, she evaluates our dependence and craving for social networking, and our reliance on being permanently 'connected' - should our personal devices be seen as merely vices? She offers assistance in carrying out an audit of your life on many levels, to help discover just what is weighing you down and holding you back. Stress Control contains 11 clearly defined chapters, and in each chapter there are suggested exercises which are easy to implement and will help bust your stress. It is a guide book, a reference book, and a supportive, inspirational companion to help control the stresses of life. What's going on? Wisdom and truth: vital resources; Who is in control? Technology and stress; take control of your agenda; the positive 'no'; Stress at work; Let's talk about your body; just relax. Food to empower you; and What we can learn from successful people.

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