

## **STRESS MANAGEMENT A COMPREHENSIVE GUIDE TO WELLNESS**



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### **Stress Management A Comprehensive Guide to Wellness**

Edward A. Charlesworth, PhD, is a clinical psychologist, director of Willowbrook Psychological Associates, P.C., president of Stress Management Research Associates, Inc., and an international consultant to corporations and hospitals. He is also the author of Stress Management: A Comprehensive Guide to Wellness.

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Really a great help. This was required reading for a stress management training that I decided to work with. It looks at all aspects of your life.

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Stress Management: A Comprehensive Guide to Wellness, by Edward A. Charlesworth and Ronald G. Nathan, is a valuable resource for people interested in Stress Management, and it is available through Amazon and Barnes & Noble.

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About Stress Management. Revised and comprehensive, this invaluable guide helps you identify the specific areas of stress in your life familial, work-related, social, emotional and offers proven techniques for dealing with every one of them. New material includes information on how men and women differ in response to stress,

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