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|  | |  | | --- | | **All books were selected at the Alameda County Library in Pleasanton, California. These books were located mostly in the self help section of the library. These books deal with managing stress and describes how do break stress habits that could get a person into a rut.** |  |  |  |  | | --- | --- | --- | | **The Stress Factor** | | | |  |  | You can't escape stress - at work or at home - but this revolutionary book shows you how to manage it and recognize it as a positive factor in your life and career. This book shows how to handle stress effectively, rather than attempting to avoid it or simply letting it destroy you. If stress is managed efficiently it can allow us to overcome obstacles and achieve goals. This book discusses how stress can enrich your life, how to handle stress, stress motivation, the difference between stress and anxiety, the fact that "The time to worry is when you stop worrying!", and how to avoid rigidity. | | Norfork, Donald, *The Stress Factor*. Simon and Schuster, New York, 1977. |  |  |  |  | | --- | --- | --- | | **Becoming Stress Resistant** | | | | Stress management deals with diet, exercise, relaxation, problem solving, and building stress resistance. An understanding of stress can give you a better perspective on how to deal with it. This book discusses how historically stress came about and what to do to deal with it. From studies, people with good stress management tend to experience rewarding changes and live longer healthier lives. |  |  | | Flannery, Jr., Raymond B., *Becoming Stress Resistant*. Continuum, New York, 1990. |  |  |  |  | | --- | --- | --- | | **Breaking the Stress Habit** | | | |  |  | Stress doesn't have to be an unavoidable part of life; you can easily condition yourself to handle a tension-inducing situation within the first sixty-seconds of its occurance. This book tells how stress effects an individuals health, and offers relaxation and meditative techniques to help deal with stress. It is a key to live a happier, healthier life. | | Goliszek, Andrew G., *Breaking the Stress Habit*. Carolina Press, North Carolina, 1987. | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **AP Biology: Stress**   |  | | --- | | [**Home**](http://docs.google.com/index.html) | | [**Introduction**](http://docs.google.com/introduction.html) | | **Hypo/Pred** | | [**Experiment**](http://docs.google.com/experiment.html) | | [**Data**](http://docs.google.com/data.html) | | [**Conclusion**](http://docs.google.com/conclusion.html) | | [**Recommendations**](http://docs.google.com/recommendations.html) | | [**Bibliography**](http://docs.google.com/bibliography.html) | | [**Links/Other**](http://docs.google.com/linksother.html) | | |
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