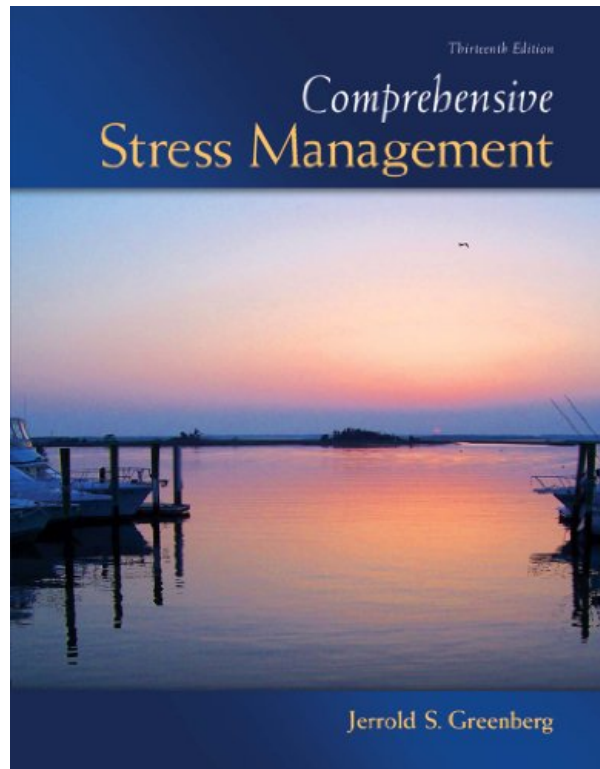
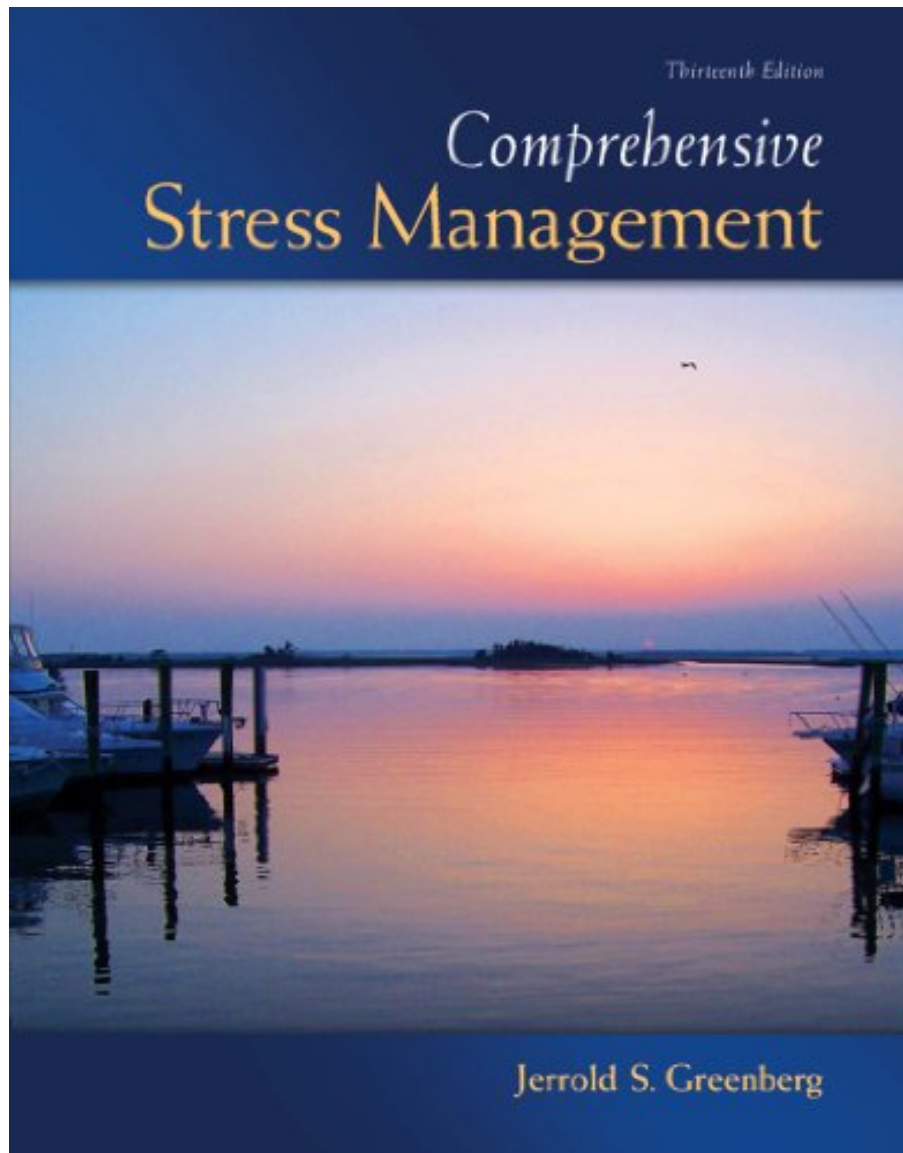


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Dr. Jerrold S. Greenberg is a Professor in the Department of Public and Community Health at the University of Maryland. Dr. Greenberg earned his baccalaureate and masters degrees from The City College of New York, and then continued his education at Syracuse University where he earned his doctorate. Dr. Greenberg has taught at Syracuse University, Boston University, and the State University of New York at Buffalo before accepting his current position at the University of Maryland in 1979. Dr. Greenberg has written over 50 books on such topics as elder care, health, stress management, physical fitness, sexuality, and methods of health education. In addition, he has published over 80 articles in professional journals and lay magazines. Among Dr. Greenberg's honors are included: the University of Maryland Service-Learning Advocate of Year Award for 2003-2004; the American School Health Association's Distinguished Service Award; selection as Alliance Scholar by the American Alliance for Health, Physical Education, Recreation, and Dance; the Presidential Citation, the Certificate of Appreciation, and the Scholar Award of the American Association for Health Education; selection for inclusion in *Who's Who in America*, *Outstanding Young Men of America*, and *Who's Who in World Jewry*. Dr. Greenberg has also served on the Editorial Boards of the professional journals, *Health Education* and *The Journal of School Health*; and as a reviewer for other professional journals. In addition, Dr. Greenberg has conducted stress management workshops for professional, business, and lay organizations throughout the United States.

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Comprehensive Stress Management empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills to manage that stress. The book examines a variety of topics relevant to college students such as intrapersonal and interpersonal stressors, physiological reactions to stress, spirituality and stress, occupational stress, and family stress. Lab Assessments at the conclusion of each chapter help students relate what they have learned to their personal lives by encouraging them to identify specific attitudes, behaviors, and coping skills as well as target areas for improvement. The 13th edition incorporates many changes and updates while still retaining the content and features valued by instructors and students over the previous editions.

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By DLynK47

This book was purchased for a college class I'm taking, but I will be keeping it on my shelf for reference when assisting clients with their stress-related issues. The ONLY thing I would change about this book is a SLIGHTLY more exciting format; however, it IS a textbook, and FOR a textbook, it is very nicely formatted. The summaries, resource lists, and lab assessments are very nice aspects of an already worthwhile read.

This book arrived in very good condition and on time.

13 of 17 people found the following review helpful.

This book is both easy to read and an excellent resource.

By A Customer

I have been teaching stress management at the undergraduate level for about three years now and find this book to be an excellent resource for undergraduates. It is very easy to read and gives a great deal of information about the practical application of stress management techniques. Those who plan on teaching a course in stress management would be well advised to have a good deal of supplementary material on hand as this book is directed toward the intro student and is not informative enough to develop lectures from. This is one textbook that students consistently give high ratings.

1 of 1 people found the following review helpful.

Very easy to read and applicable techniques

By Jay M. Greenfeld

Greenberg's latest edition of Comprehensive Stress Management is very easy to follow. With short chapters and a friendly tone, the content is very applicable for college students. I have been using this text in my stress management courses and the students have found it to be quite helpful. The lab exercises at the end of each chapter help the students connect the content to their own lives as they navigate through stress in college. Additionally, providing an extensive and lucid reference list at the end of each chapter is an excellent resource for all students. Although some of my students have found a few of the chapters self-explanatory, Greenberg does an excellent job of encompassing all aspects of understanding stress management. My Choice - My Life: Realizing Your Ability to Create Balance in Life

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