



Cognitive-Behavioral Stress Management: Workbook (Paperback)

By Professor Pf Psychology Gail Ironson, Neil Scheiderman, Professor of Psychology and Psychiatry and Behavioral Sciences Program Leader Sylvester Comprehensiv

Oxford University Press Inc, United States, 2007. Paperback. Book Condition: New. Workbook. 272 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Living with HIV can be stressful, which can affect both your emotional and physical well-being. You may feel a loss of control over your life, socially isolated, or anxious and depressed. Studies have shown that prolonged stress can negatively impact the immune system, making it less effective in fighting illness. If you are concerned about the impact stress has on your life and on your health, this book can help you learn to relax and manage stress more effectively. This book presents a group treatment program that has been scientifically proven to reduce stress in individuals living with HIV. Written by the developers of this groundbreaking program, this workbook is based on the principles of Cognitive-Behavioral Stress Management (CBSM). You will learn a variety of relaxation techniques, all designed to help you reduce tension and stress. As you become more aware of stress and its effects, stress management skills will increase your ability to cope. This workbook comes complete with user-friendly monitoring forms and homework exercises designed to help reinforce the skills learned in...



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