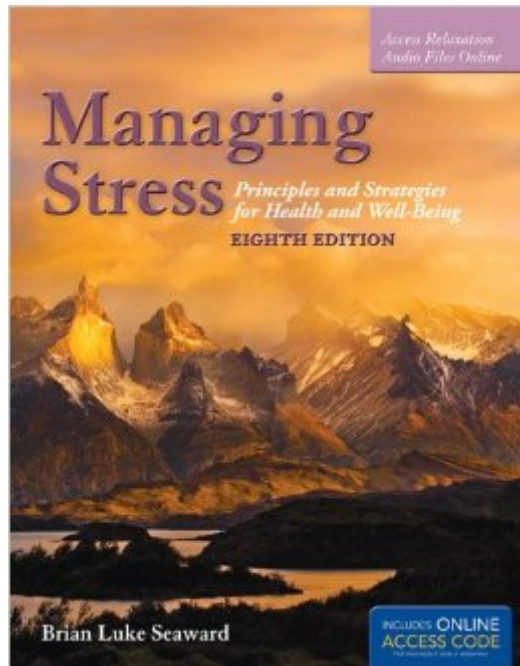


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# Managing Stress: Principles And Strategies For Health And Well-Being



## Synopsis

Revised, updated and reorganized, *Managing Stress: Principles & Strategies for Health and Well-Being* Eighth Edition, provides a comprehensive approach to stress management honoring the integration, balance, and harmony of mind, body, spirit, and emotions. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity. Referred to as the "authority on stress management" by students and professionals, this book gives students the tools needed to identify and manage stress while teaching them how to strive for health and balance. New and Key Features to the 8th Edition: - Includes a new Chapter 28, Ecotherapy: The Healing Power of Nature. - Revised and updated to keep pace with changes in the field. - Chapter 15, Communication Skills in the Information Age, has been expanded to reference the latest technology and how it affects lifestyles. - New information on stress and diabetes, job market stressors, desk yoga options, food allergies, and much more. - Includes FREE access to the Navigate Companion Website to accompany *Managing Stress*, Eighth Edition which includes relaxation technique audio files, practice quizzes, crossword puzzles, animated flashcards, and more. - Instructor's material include Instructor's manual, LMS-ready Test Bank, PowerPoint Image Bank, PowerPoint Lecture Slides, Sample Syllabi and Lesson Plans.

## Book Information

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## Customer Reviews

This book is required reading for students who take Dr. Seaward's classes. Therefore, he receives money for teaching and from their purchasing this book. As far as I can tell, most of his "classes"

are on-line, so he can "teach" many classes at one time. Therefore it is especially important that the material is appropriately and expertly presented. However, there are many problems with both Dr. Seaward and the book. First, Dr. Seaward has had no training in psychology. He received a Ph.D in Physical Education from the University of Maryland, not a degree in Philosophy as listed on his C.V. He makes an odd statement about Interdisciplinary Major: Health Psychology; Special Emphasis: Psychophysiology, which is not possible with a doctorate program. He also states his membership in Phi Alpha Epsilon Honor Society: The University of Maryland, 1986. This is impossible for two reasons. Phi Alpha Epsilon is an academic, discipline-specific honor society for architectural engineering only and has no chapter at the University of Maryland. His claim of a Master of Science degree from the University of Illinois is interesting as that degree was to someone with a different middle name. So he either changed his name between 1981 and 1986 or he "borrowed" the degree from someone with a similar name. In any case, Dr. Seaward, at the least, has greatly misrepresented himself and has no training appropriate for either writing this book or teaching a course on managing stress. But about the book. I am a physician and one of our employees is taking this class on-line. Some statements in the book came up and so I started reading some parts of it. In one place, the book makes a flyover about the differences between how men and women handle stress.

My professor (who is not Mr. Seaward and not affiliated with him) required it for the class I'm taking to fulfill "lifetime learning" credits toward my bachelors. I don't actually care about Seaward's credentials because I trust my professor, and her take is that his intervention strategies and the general background he provides in the text is useful. Despite that, I'm contemplating burning this thing at the end of the semester. The book is sloppy. Seaward needed a lot more editorial oversight. When he sticks to the facts, it's interesting information. When he goes on a rant against millennials, he comes across as this crabby, decrepit old bachelor too in love with his own angst to realize the poison he's spewing. The rants are the main reason I'm thinking of introducing the text to our burn pile, because it is extremely offensive to me to see someone pouring unsubstantiated vitriol on the people he's addressing while using a text book for his pulpit. (The tone of the book is focused toward the adult teens, early twenties crowd.) Now, were the rants delivered in any less authoritative medium they wouldn't be much worse than Gramps yelling, "Get off my lawn, you hooligans!" The context, and the mantle of authority that gives the vitriol is what really makes those rants vile. Other flaws in the book include: He'll provide citations for mundane statements, then make some pretty exceptional claims without referencing any research.

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