



## Mind the Gap: Coping with Stress in the Modern World

By Mary E. McNaughton-Cassill

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Mind the Gap: Coping with Stress in the Modern World explores the stress of modern life and how thoughts and feelings can both create and bridge the gap between what we have and what we want. Unlike standard textbooks in the field that tend to take a theoretical approach to stress, this conversational, accessible audiobook focuses on helping listeners identify and understand the sources of stress in their lives from a practical perspective. The text explores how stress is generated in the brain and body and provides realistic suggestions for learning to manage these responses. Topics include: Technology and Stress The Media and Stress Time as a Source of Stress Diet, Exercise, and Stress Stress, Health, and Aging Social Support and Stress The Four Corners of Stress Each chapter begins with an outline of key points and ends with a set of What Do You Think? questions designed to give listeners the opportunity to reflect on what they have learned and to develop personal stress management strategies. Mind the Gap can be used in courses dealing with stress management,...



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