

STRESS MANAGEMENT

BOOKS FOR ADULTS

Wherever you go, there you are
by Jon Kabat-Zinn, Hyperion (1994)
LPL Call # 155.9042 Kab

Beyond the relaxation response: How to harness the healing power of your personal beliefs by Herbert Benson with William Proctor, Times Books (1985) LPL Call # 615.851 Ben

Why zebras don't get ulcers
by Robert M. Sapolsky, Henry Holt (2004)
LPL Call # 616.98 Sap

The male stress survival guide
by Georgia Witkin, Newmarket Press (2002)
LPL Call # 155.9042081 Wit 2002`

The little book of stress relief by David Posen, Key Porter Books (2003)
LPL Call # 155.9042 Pos

Don't sweat the small stuff ... and it's all small stuff: Simple ways to keep the little things from taking over your life by Richard J. Carlson, Hyperion (1997) LPL Call # 158.1 Car
also available in Large Print, eAudio, Cassette, Compact Disc, and Talking Book formats

Each day a new beginning by Karen Casey, Hazelden Foundation (1982)
LPL Call # 242.643 Eac

BOOKS FOR CHILDREN

Fighting invisible tigers: A stress management guide for teens by Earl Hipp, Free Spirit Publications (2008) LPL Call # 155.518 Hip

A boy and a bear: The children's relaxation book by Lori Lite, illustrations by Meg Hartigan, Specialty Press (1996) LPL Call # jP Lit

VIDEOS

Breathing away stress [videorecording] by Fraser Steele, TVOntario (1987)
LPL Call # 613.79 B74

Maximizing performance [videorecording] by Fraser Steele, TVOntario (1987)
LPL Call # 613.79 M45

WEB SITES

Stress Education Center
<http://www.dstress.com/>

Stress Management Handout
http://www.counselingcenter.uiuc.edu/?page_id=194



This resource list was created through consultation with existing resource lists from the *Authoritative Guide to Self-Help Resources in Mental Health* by John Norcross et al. (2003), Chapters Trusted Advisor, and the Child and Parent Resource Institute
<http://www.cpri.thehealthline.ca/resources.asp>.