

Stress Management: Stress Management Resources



Books.

Bourne, E. *The Anxiety & Phobia Workbook*. New York: New Harbinger Publications, 1990.

Burns, D. *The Feeling Good Handbook*. New York: Penguin Group, 1989.

(Cognitive Behavioral Therapy with exercises and techniques to deal with depression, anxiety and relationships).

Davis, M., E Eshelman, M McKay, M. McKay. *The Relaxation & Stress Reduction Workbook*. Oakland, CA: New Harbinger Publications, 1993.

Kabat-Zinn, J. *Full Catastrophe Living, Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York: Bantam Dell, 2005.
(Mindfulness Meditation).

LaRoche, L. *Relax – You May have Only a Few Minutes Left: Using the Power of Humor to Overcome Stress in Your life and Work*. New York: Villard, 1998.

Rechtschaffen, S. *Time Shifting: Creating More Time to Enjoy Your Life*. New York: Doubleday, 1996.

Additional Resources.

There are three sets of Mindfulness Meditation Practice CDs. They can be ordered from www.mindfulnessstapes.com