



# The Art of Peace and Relaxation Workbook

By Brian Luke Seaward

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The perfect companion to *Managing Stress: Principles and Strategies for Health and Well-Being, Eighth Edition*, this workbook contains more than 130 stress management exercises that will show you how to withstand the pressures of whatever stress may come your way. Collectively, these surveys, questionnaires, inventories, journal entries, and worksheets are designed as a comprehensive action plan to help you develop effective coping skills and learn to use proven relaxation techniques. As you complete these exercises, you will see how easy it is to make stress management a part of your daily routine, achieve total mind-body-spirit wellness, and stop "victim consciousness." You will learn how to understand and resolve the causes of your stress and relieve and minimize the physical symptoms that accompany stress.

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