



## Cognitive-Behavioral Stress Management: Workbook

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Oxford University Press Inc, United States, 2007. Paperback.  
Book Condition: New. Workbook. 272 x 211 mm. Language:  
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with HIV can be stressful, which can affect both your emotional  
and physical well-being. You may feel a loss of control over your  
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shown that prolonged stress can negatively impact the immune  
system, making it less effective in fighting illness. If you are  
concerned about the impact stress has on your life and on your  
health, this book can help you learn to relax and manage stress  
more effectively. This book presents a group treatment program  
that has been scientifically proven to reduce stress in individuals  
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program, this workbook is based on the principles of Cognitive-  
Behavioral Stress Management (CBSM). You will learn a variety  
of relaxation techniques, all designed to help you reduce tension  
and stress. As you become more aware of stress and its effects,  
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and homework exercises designed to help reinforce the skills  
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