



# The Relaxation and Stress Reduction Workbook (New Harbinger Self-Help Workbook)

*Matthew McKay, Martha Davis, Elizabeth Robbins Eshelman, Patrick Fanning*

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**The Relaxation and Stress Reduction Workbook** broke new ground when it was first published in 1980, detailing easy, step-by-step techniques for calming the body and mind in an increasingly overstimulated world. Now in its sixth edition, this workbook, highly regarded by therapists and their clients, remains the go-to source for stress reduction strategies that can be incorporated into even the busiest lives.

This new edition is updated with powerful relaxation techniques based on the latest research, and draws from a variety of proven treatment methods, including progressive relaxation, autogenics, self-hypnosis, visualization, and mindfulness and acceptance therapy.

In the first chapter, you'll explore your own stress triggers and symptoms, and learn how to create a personal plan for stress reduction. Each chapter features a different method for relaxation and stress reduction, explains why the method works, and provides on-the-spot exercises you can do to apply that method when you feel stressed. The result is a comprehensive yet accessible workbook that will help you to curb stress and cultivate a more peaceful life.

*This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.*

Find more help online at [elearning.newharbinger.com](http://elearning.newharbinger.com). **Self-Help Therapy** offers web-based treatment for stress reduction based on the book **The Relaxation and Stress Reduction Workbook**. Other modules in **Self-Help Therapy** offer treatment for anxiety, depression, borderline personality disorder and anger.

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