



Stress Management for Life: A Research-Based Experiential Approach

By Michael Olpin, Margie Hesson



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STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH, THIRD EDITION emphasizes experiential learning and clearly explains the "how to" of stress management and prevention. Michael Olpin and Margie Hesson offer students more than just a book about stress; they offer students a life-changing experience. This text empowers students to experience personal wellness by understanding and managing stress. The authors encourage students to personalize the information in the text through practical applications and a "tool-box" of stress-reducing resources, including the stress relief audio files and student activities, both found on the CourseMate Website. Well-researched, this text gives stress-related topics a real-life context and helps motivate students to manage stress in a way that accommodates their lifestyle, values and goals.

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Editorial Review

About the Author

Michael Olpin is a full professor and the Director of the Health Promotion Program at Weber State University. He has studied and researched the science of stress management for over 30 years. He received his Ph.D. in Health Education from Southern Illinois University, his M.A. in health promotion, and his B.A. in organizational psychology from Brigham Young University. He has taught at several universities across the nation, including West Virginia University, Virginia Tech, Concord University, Southern Illinois University, Brigham Young University, and Weber State University. Mike's teaching includes many areas of health and wellness, but his primary focus is on stress management, mind/body health, peak performance, mental and emotional wellness, health research methods, and wellness coaching. He has presented papers and spoken at many conferences, workshops, and seminars around the country. In addition to these speaking engagements, he also consults with sports teams and athletes, individuals, and other community groups. He is the founder and Director of the Stress Relief Center at Weber State University where he conducts research and works with thousands of students, faculty, staff, and community members in helping them reduce their stress and reach peak performance. His website, StressManagementPlace.com focuses on stress management and wellness education. He has authored and co-authored two general-audience books on stress management.

Margie Hesson is a Registered Nurse and an Instructor in the College of Nursing at South Dakota State University, where her teaching focus areas are stress management, epidemiology, population-based health care, and complementary/alternative health care. She is endorsed by the American Holistic Nurses Association as a Certified Holistic Stress Management Instructor and is the author of two general-audience books on stress and healthy living and a contributing author to numerous textbooks. In addition to more than 40 years' experience as a nurse and a teacher, she has been director of corporate health promotion and is active as a health ministry consultant to churches. She presents and consults on stress management and health promotion topics at state, national, and international levels.

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