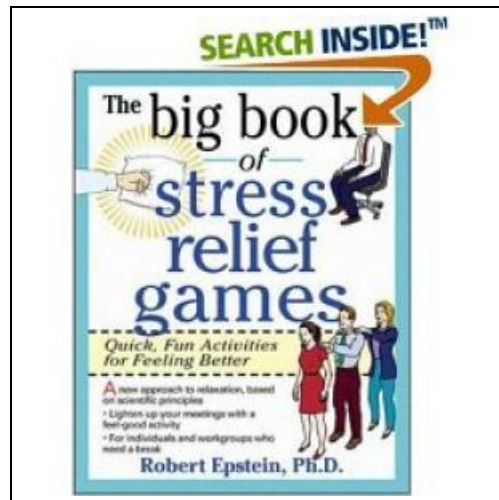


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Reviews

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(Prof. Jeremie Blanda DDS)*

THE BIG BOOK OF STRESS RELIEF GAMES



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McGraw Hill Education, 2004. Softcover. Book Condition: New. First edition. A research-proven, innovative, and fun approach to stress relief and relaxation. These quick games, exercises, and activities provide fast, fun stress relief wherever and whenever it strikes, during the morning commute, in front of the computer, or when dealing with difficult people. To make dealing with stress less stressful--and more fun--Psychology Today Editor-in-Chief Robert Epstein has created dozens of games that teach every major stress-management and relaxation technique validated by scientific research. For everyone from deskbound, time pressed office workers to managers in important meetings--even speakers addressing large audiences--this creative collection of stress-relief games. * Helps alleviate high-pressure situations at home and at work. * Goes beyond relaxation exercises with stress-fighting life--planning and life-organization activities. * Can be used by individuals or groups. * Includes 50 activities and techniques--most requiring less than 5 minutes. TABLE OF CONTENTS: Acknowledgements Getting Ready. The Games. The Anti-Boredom Game. The Beastly Boss Game. Beliefs That Can Kill. The Bliss List. Blowing Away the Tension. Blowing Up the Company. Building a Relaxation Machine. Capturing a Daydream. Compu-Relaxation. Corporate Space Oddity. Corporate Telephone. The Co-Worker from Hell. Dancing with your Eyes. The Glittering Roof. The Good, the Bad, and the Ugly. Gravity Magic. Hands that Heal. Hour Power. Keeping the Fires Burning. The Laugh Graph. A Little Help from My Friends. The Make-a-Fist Technique. Make Me Laugh. Making It Personal. Meditation for the Impatient. The Nirvana Room. One Minute in Hell. The Place of Perfect Peace. Popeye Puffs. Punch That Pillow! Reach for the Sky. Ready, Set, Sit! Red, White, and Very Blue. Run for Your Life! The Seek and Kill Game. Stacked to the Ceiling. Staying Cool, Getting Hot. Tangerine Trees. The Ten-Year Planner. The Terrific Tummy Technique. This Perfect Day. The Time-Tested Ten Count....



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