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2nd Edition

Stress Management

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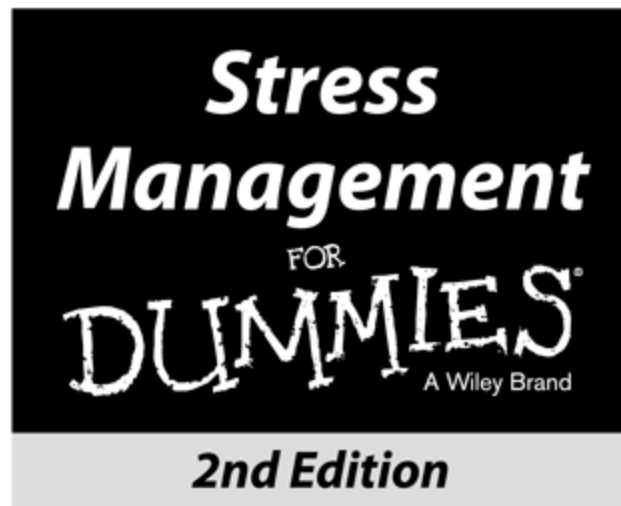
Learn to:

- Cope with stress while keeping your cool
- Identify stress triggers and cut them down to size
- Master stress management techniques and regain control of your life
- Adopt a stress-resilient lifestyle

Allen Elkin, PhD

Director, The Stress Management & Counseling Center, New York City





by Allen Elkin, PhD

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A Wiley Brand

Stress Management For Dummies®, 2nd Edition

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About the Author

Allen Elkin, PhD, is a clinical psychologist, a certified sex therapist, and the director of the Stress Management & Counseling Center in New York City. Nationally known for his expertise in the field of stress and emotional disorders, he has appeared frequently on *Today*, *Good Morning America*, and *Good Day New York*, as well as programs on PBS, CNN, FNN, Fox 5, and National Public Radio. He has been quoted in *The New York Times*, *The Wall Street Journal*, *The Washington Post*, *Newsweek*, *Men's Health*, *Fitness*, *Cosmopolitan*, *Glamour*, *Redbook*, *Woman's Day*, *Self*, *Mademoiselle*, *McCall's*, *Parents*, and other publications. Dr. Elkin holds workshops and presentations for professional organizations and corporations, including the American Society of Contemporary Medicine, Surgery, and Ophthalmology; the U.S. Drug Enforcement Administration; Morgan Stanley; IBM; PepsiCo; and the New York Stock Exchange.

He is the author of two other books on stress, *Urban Ease: Stress-Free Living in the Big City* (Penguin Books), and *Relax in the City Week by Week*, (Duncan Baird). He is also a coauthor of *Thriving in the Workplace All-in-One For Dummies* (Wiley).

When he's not talking about stress, you can probably find him at his home on the Upper West Side of Manhattan, where he lives with his wife, Beth, their two children, Josh and Katy, and their cat, Smokey.

Dedication

To my wife, Beth, my best friend, and our children, Josh and Katy, who bring us great joy.

Acknowledgments

First, and certainly foremost, I would like to thank my wife, Beth, who not only tolerated all the stress and tension that came with writing this book but also helped me edit the manuscript and kept me on track when I got lost. Her caring patience and sense of humor made writing this book much less stressful than it might have been.

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Finally, thank you to all my teachers and mentors whose thoughts, ideas, and insights are blended in these pages. I owe a special debt to my patients, who daily show me that there is still much more to learn.

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Introduction

Just about everyone feels they have too much stress in their lives. Daily, I hear people complaining that stress is getting to them, robbing them of many of life's pleasures and depriving them of life's satisfactions. And that's not just from the people who walk into my office or show up at one of my stress-management workshops — stress seems to be everywhere. Just take a look at your local newsstand. You're bound to see more than a few cover stories on stress, warning you of its dangers and telling you what you can do about it. These days more and more people are signing up for stress-management workshops, taking yoga classes, and learning how to meditate, massage their bodies, and quiet their psyches.

You may think that modern advances in science and technology should have resulted in lower stress levels. Clearly, this hasn't happened — for anybody. Life has become more stressful, not less stressful. Your stressors may take the form of work pressures, financial worries, time constraints, or the demands that come with being part of a family. You may have more specific stress triggers — illness, unemployment, a new baby, or a new mortgage.

Whatever the source of your stress, having a guide would be helpful, right? Unfortunately, life doesn't come with an instruction booklet or a user's manual. You need to find your own help. Your stress *can* be managed. And in fact, much of your stress can be eliminated. You just need the right stress-reducing tools. In fact, you need an entire toolbox filled with a wide variety of stress-management techniques, strategies, and tactics. This book was written to give you these tools.