

STRESSMAP

FINDING YOUR PRESSURE POINTS



C. Michele Haney, Ph.D.
Edmond W. Boenisch, Jr., Ph.D.

Stressmap Finding Your Pressure Points

Thomas Griffiths



Stressmap Finding Your Pressure Points:

StressMap C. Michele Haney, Edmond W. Boenisch, 1987 A personal guidebook for pinpointing sources of stress and finding stress relief With questionnaire maps that help the reader to survey people money work body mind and leisure stress areas Worksheets permit an individualized plan for relief **Yoga Journal** ,1983-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

The Stress Owner's Manual Edmond Boenisch, Edmond W. Boenisch, Michele Haney, Ed Boenisch, 1996 Offers specific solutions to help you assess the areas of stress in your life activities for dealing with stress on the spot life changing strategies You can find immediate short term relief from stress pinpoint the sources of life stress learn ways to manage stress over the long haul avoid burnout Discusses attitudes behaviors relaxation eating habits physical fitness time management Emphasizes meaning keeping perspective and balance **Mother Jones Magazine** ,1983-06 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues Mother Jones Magazine ,1983-09 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues

The Complete Guide to Your Emotions and Your Health Emrika Padus, 1958-08-15 Yoga Journal ,1983-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Your Perfect Right* Robert E. Alberti, Michael L. Emmons, 1990 PSYCHOLOGY POP

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Revised and expanded seminal work on families with more than a million copies sold in 12 languages The New Peoplemaking expresses Satir's most evolved thoughts on self worth communication family systems and the ways in which people relate to one another Drawn on Satir's lifetime of experience with thousands of families around the world it is written in the engaging style for which she is famous The New Peoplemaking is completely revised and enlarged by six new chapters that elaborate on the whole of life *The Loving Parent* Blaize Clement Stewart, 1988 For first time or old time parents this volume offers warm and knowledgeable advice on the joys and jolts of parenthood including obedience manners meals stealing and cheating Helps parents in balancing their needs with those of their children **Health Education** ,1984 **Playfair** Matt

Weinstein, Joel B. Goodman, 1980 A collection of mixer energizer family leadership mind and learning games supports the concept of cooperative rather than competitive play *Wyoming Library Roundup* ,1983 **The Assertive Woman**

Stanlee Phelps, Nancy Austin, 1987-10 *Say it Straight* Paula Englander-Golden, Virginia Satir, 1990 A look at how to communicate effectively and openly in the face of conflict peer pressure or uncertainty *Don't Sweat the Small Stuff*

Michael R. Mantell, 1988 Here is a collection of short articles from a well known psychologist on dozens of life s problems alcohol anxiety divorce drugs illness parenting relationships more Written in an easily read friendly style the collection is based on the latest psychological research **Rattle Fatigue** Linda L. Griffith, 1986 Describes child behavior and development through the first three years explains how infants complicate one s life and marriage and gives advice on organizing one s time and handling one s children s needs

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