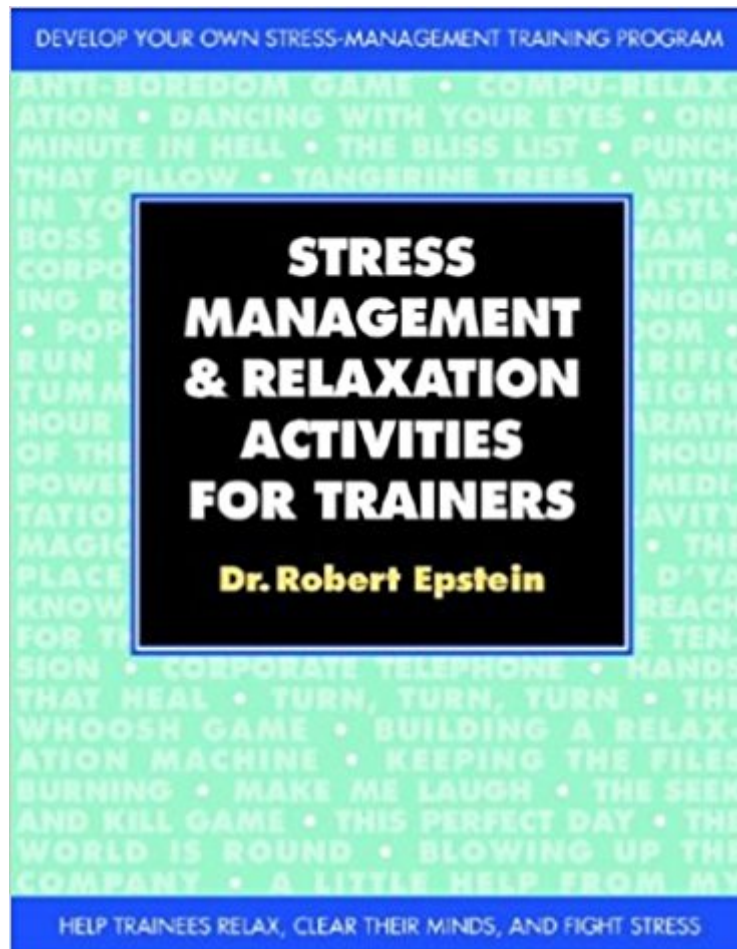




The book was found

# Stress-Management And Relaxation Activities For Trainers



## Synopsis

Teach trainees to "stress-proof" themselves with these training activities from a renowned Harvard-trained psychologist. Designed to provide lasting results, as well as on-the-spot relaxation, Dr. Robert Epstein's world-famous, science-based "stress-proofing" methods are fun to teach and easy to apply. Filled with what Psychology Today called "gems," the exercises in this book can be taught to your trainees in minutes and can be performed any time, anywhere, with a dramatic effect on mood and performance. The book gives you quick methods for relaxing groups of any size or type and helping them be open and receptive to any training content you present. This simple "bag of tricks" will help trainers raise people's stress-tolerance levels, create a comfortable learning environment, and unleash their creativity. Also included are special methods for handling organizational change and interpersonal conflict; reproducible handouts ; and much more.

## Book Information

Paperback: 275 pages

Publisher: McGraw-Hill; 1 edition (November 30, 1998)

Language: English

ISBN-10: 0070217629

ISBN-13: 978-0070217621

Product Dimensions: 8.4 x 0.9 x 10.9 inches

Shipping Weight: 2 pounds

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #3,213,519 in Books (See Top 100 in Books) #94 inÂ Books > Business & Money > Business Culture > Health & Stress #2449 inÂ Books > Business & Money > Management & Leadership > Training #29375 inÂ Books > Business & Money > Skills

## Customer Reviews

This book has many different types of exercises for any group to relax and get going or to end on a relaxing note. A must have for any presenter or group facilitator.

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Stress-Management and Relaxation Activities for Trainers Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Progressive Relaxation (Relaxation & Stress Reduction (Audio)) Adult Coloring Book Designs: Stress Relief Coloring Book: POKEMON Designs for Coloring Stress

Relieving - Inspire Creativity and Relaxation of Kids And Adults (Volume 1) The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Fuck That Stress: Midnight Edition: Swear Word Coloring Book for Relaxation and Stress Relief (Midnight Coloring Books) (Volume 2) Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color Therapy) Coloring Book for Adults & Grown Ups: An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult Coloring Pages) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) The Doctors Book of Home Remedies for Dogs and Cats: Over 1,000 Solutions to Your Pet's Problems from Top Vets, Trainers, Breeders and Other Animal Experts History of Horse Racing: First Past The Post: Champion Thoroughbreds, Owners, Trainers and Jockeys, Illustrated with 220 Drawings, Paintings and Photographs What Shamu Taught Me about Life, Love, and Marriage: Lessons for People from Animals and Their Trainers The Skilled Facilitator: A Comprehensive Resource for Consultants, Facilitators, Managers, Trainers, and Coaches Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) MINDFULNESS Coloring Book: Relaxation Series : Coloring Books For Adults, coloring books for adults relaxation, coloring book for grown ups, COLORAMA Coloring Book (Volume 1) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 2) Mandala Coloring Book: 100+ Unique Mandala Designs and Stress Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Magnificent Mandalas) (Volume 1) Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 1) Bear Coloring Book For Adults: Coloring Book For Grown Ups Including 40 Paisley And Henna Bear Coloring Pages Designed To Aid Stress Relief And Relaxation Adult Coloring Book: Butterfly Designs and Patterns for Stress Relief and Relaxation

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