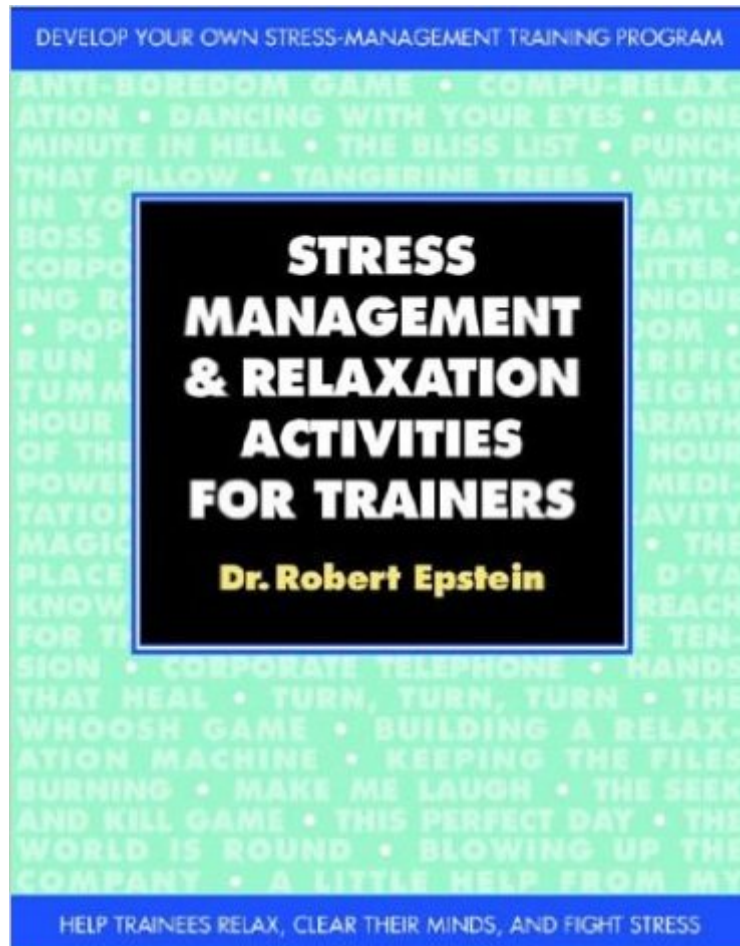


The book was found

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

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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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