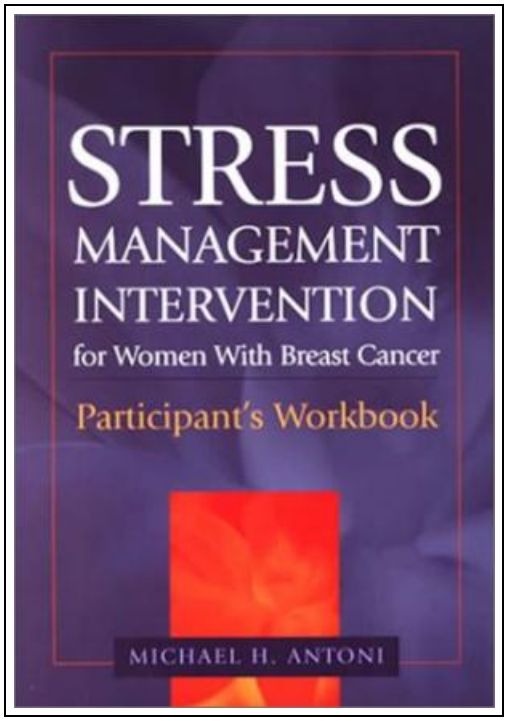
Stress Management Intervention for Women with Breast Cancer: Participant's Workbook



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Reviews

A very amazing publication with perfect and lucid information. We have read through and that i am certain that i will planning to study once more yet again in the future. You will not really feel monotony at anytime of the time (that's what catalogues are for about should you question me).

(Matilda Hoeger V)

STRESS MANAGEMENT INTERVENTION FOR WOMEN WITH BREAST CANCER: PARTICIPANT'S WORKBOOK

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American Psychological Association. Paperback. Book Condition: new. BRAND NEW, Stress Management Intervention for Women with Breast Cancer: Participant's Workbook, Michael H. Antoni, Stress Management Intervention for Women with Breast Cancer and the Stress Management and Relaxation Training: Participant Workbook provide a complete clinical framework for health professionals who wish to offer group psychosocial support to breast cancer patients. The text and therapist manual focus on training therapists to help group members cope with the diagnosis of breast cancer and its treatment through considering its impact on their lives, while also providing empirical validation for the program's techniques and providing a session-by-session set of guidelines for each module of the program. Meanwhile, the workbook for group participants presents valuable psycho-educational and psychotherapeutic components that teach women coping with breast cancer how to use empirically supported skills such as meditation and relaxation exercises to overcome otherwise overwhelming stressors. This stress management package presents a clearly articulated, empirically supported program for doctors, therapists, psychologists, nurses, and other healthcare providers.

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