

Stress Management and Reference Material

Books

1. **The Stress Management Handbook** by *Lori A. Leydem-Rubenstein, Ph.D*, Published by: Mc-Graw Hill, 1999
2. **10 Simple Solutions to Stress: How to Tame Tension And Start Enjoying Your Life** by *Claire Michaels Wheeler, MD, Ph.D*, Published by: New Harbinger Publications, 2007
3. **The Complete Idiot's Guide to Beating Stress** by *Arlene Matthews Uhl*, Published by: Alpha Books, 2006
4. **Stress Free for Good: 10 Scientifically Proven Life Skills for Health and Happiness** by *Frederic Luskin and Ken Pelletier*, Harper San Francisco, 2005
5. **Eliminating Stress, Finding Inner Peace** by *Brian Weiss*, Published by Hay House, 2003

Internet Resources

1. [AIS-American Institute of Stress](http://www.stress.org) (www.stress.org)
2. [Stress Management for Businesses](http://www.businessballs.com) (www.businessballs.com)
3. [How to Manage Stress](http://www.howtomanagestress.co.uk) (www.howtomanagestress.co.uk)
4. [MedicineNet.com](http://www.medicinenet.com/stress/index.htm) (www.medicinenet.com/stress/index.htm)

Stress Management Assistance

1. [International Stress Management Association](http://www.isma-usa.org) (www.isma-usa.org)
2. [International Critical Incident Stress Foundation, Inc. \(ICISF\)](http://www.icisf.org) (www.icisf.org)