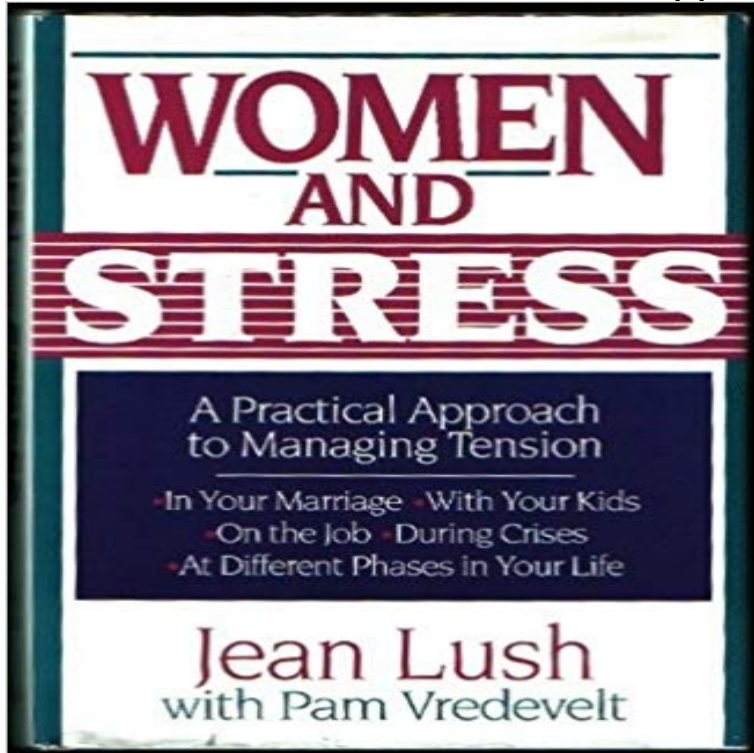


Women and Stress : A Practical Approach to Managing Tension



When it comes to dealing with stress, each of us has our own capacity, or storage pot. All those tensions churn and build up inside, heading toward an inevitable release ... either outwardly or inwardly. Unleashing our pent-up feelings on undeserving friends or loved ones only leads to more problems, while keeping tensions inside is extremely dangerous to our emotional, mental, and physical health. How can we let go of our tensions in a healthy, productive way? ===== In Women and Stress, therapists Jean Lush and Pam Vredevelt address the many inescapable sources of tension. They examine troublesome emotions and show how to manage your storage pot of tension with practical, tried-and-true methods gained from research, their own experience, and case studies. You'll find reassuring advice for handling, such as typical stressors as: *Fear *Grief *Relief *Mood Swings * Jealousy and envy *Job loss *Anger * Perfectionism * Unmet needs ===== Perhaps you'll respond to stress like Ms. Fight, who impulsively attacks in these situations regardless of the cost. Or maybe you're like Ms. Fight, who attempts to deny or escape tension by repressing negative feelings. Be encouraged. In these pages you will learn how to be more like Ms. Sit Tight, who responsibly and constructively manages tension with God's strength and direction.

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