

Recommended Books on Stress

Herbert Benson, *The Relaxation Response*.

Richard Carlson, *Don't Sweat the Small Stuff*.

_____, *Don't Sweat the Small Stuff at Work*.

Martha Davis, et al. *The Relaxation & Stress Reduction Workbook*.

Diane England, *The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy*.

John Gray, *Why Mars and Venus Collide: Improving Relationships by Understanding How Men and Women Cope Differently with Stress*.

Allen Elkin, *Stress Management for Dummies*.

_____, *Anger Management for Dummies*.

Albert Ellis and Arthur Lange, *How to Keep People from Pushing Your Buttons*.

Jon Kabat-Zinn, *Full Catastrophe Living*.

Anna Maravelas, *How to Reduce Workplace Conflict and Stress*.

Galinda Mindlin, et al., *Your Playlist Can Change Your Life*.

Suzanne Phillips, *Healing Together: A Couple's Guide to Coping with Trauma and Post-Traumatic Stress*.

Tracey Revenson, et al., *Couples Coping with Stress: Emerging Perspectives on Dyadic Coping (Decade of Behavior)*.

Mehmet Oz and Michael Roizen, *YOU: The Owner's Manual*.

Wayne and Mary Sotile, *Beat Stress Together* (formerly, *The Supercouple Syndrome: How Overworked Couples Can Beat Stress Together*).

Claire Michaels Wheeler, *10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life*.