

## Stress Management For Life 3rd Edition

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Stress Management for Life A Research-Based Experiential Approach, 3rd Edition by Michael Olpin – Test Bank Sample Questions . Chapter 3—The Science of Stress . TRUE/FALSE . Homeostasis refers to the imbalanced physiological state that naturally occurs during the stress response. ANS: F PTS: 1

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" This third edition has evolved into a more ' mindfulness ' approach to stress management within a positive psychology framework. The student centered explanations to the neuroscience underlying the concepts are presented at a level of complexity that is appreciated by science majors, but reasonably comprehensible to the non-science major as well.

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