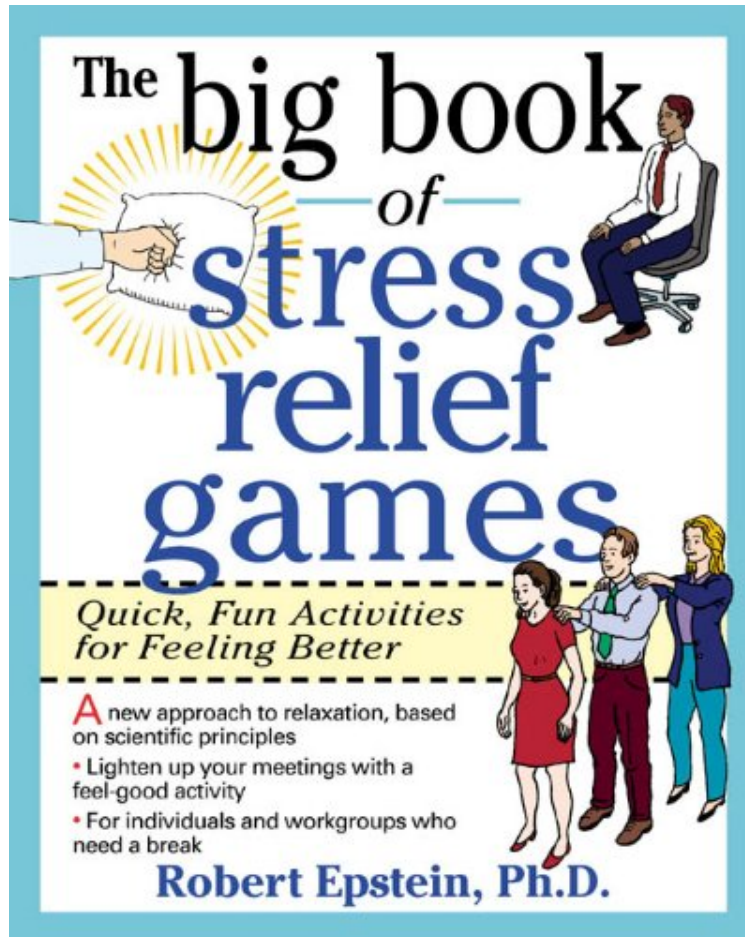


[Download free pdf] The Big Book of Stress Relief Games: Quick, Fun Activities for Feeling Better (Big Book Series)

The Big Book of Stress Relief Games: Quick, Fun Activities for Feeling Better (Big Book Series)

Robert Epstein

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Robert Epstein : The Big Book of Stress Relief Games: Quick, Fun Activities for Feeling Better (Big Book Series) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Big Book of Stress Relief Games: Quick, Fun Activities for Feeling Better (Big Book Series):

1 of 1 people found the following review helpful. Plain, Dull Exercises That Lack Creativity By Mediaman This book's title is misleading. It's not "Big"--there are only 50 exercises and if all the white space from the book would be taken out it would be about 50 pages long. There also aren't very many "Games." They are mostly minor exercises for groups. And they are really, really dull exercises. Nothing creative here. There may be a few that you can use but overall there's nothing here that common sense doesn't tell you (practice deep breathing, punch a pillow, listen to relaxing thoughts while you close your eyes). Not worth the money--it'll stress you out that you paid to get such simplistic advice. 17 of 19 people found the following review helpful. Not for any corporation I work for.... By Steve

Brennan Perhaps I was looking for the wrong thing. I expected a book on how to relieve stress with quick little games to do at the beginning of a business meeting. Instead, the 'games' in this book sound more like therapy sessions. Most are meditation and message exercises. One example: The Glittering Roof, where you have everyone close their eyes and you, the facilitator, read a 2.5 page verbal 'fantasy' in a calm and soothing voice to the group. At the end, everyone discusses how they felt. There are many exercises like this in the book. Another example (my favorite): The Beastly Boss. Again you start the group off with breathing and imagery exercises. Then you pair everyone off. One person assumes the role of Beastly Boss. The other the role of Exemplary Employee. The Beastly Boss then 'acts insensitively' while the Exemplary Employee employs more breathing and imagery techniques to remain cool. Then they switch. Puh-leez! Can anyone think of a quicker way to be sent to a remote location than to try this on your co-workers? This is not for corporate professionals... 0 of 1 people found the following review helpful. This should be called: How to calm an overstressed class By Customer I had to adapt them slightly to fit the comfort level of the students but we had fun and had a good laugh at it and was able to get back to work to be more productive.

These quick games, exercises, and activities are designed to reduce stress wherever and whenever it strikes, in meetings, in front of the computer, or when dealing with difficult people. Psychology Today Editor-In-Chief Robert Epstein has created fifty 1-3 minute games based on STRESS-PROOFING, an original system derived from scientific research that makes stress reduction effortless and effective. For everyone from deskbound office workers to managers in meetings, this is the latest addition to one of McGraw-Hill's best-selling book series: Helps alleviate high-pressure situations at home and at work. Includes comprehensive life-planning and life-organization activities. Requires less than 3 minutes to play most of the creative, relaxing games.