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Contact: Jessica Moody, VP Marketing
(800) 562-2139 x101
jmoody@greyhouse.com

Salem Press Announces the Fourth Title in The New *Principles of Health Series, Anxiety & Stress*

Principles of Health: Anxiety & Stress provides both information about anxiety disorders as well as support mechanisms and coping skills necessary to deal with them. Written in clear, accessible language, this volume is indispensable to anyone managing their own issues, their support network, and those interested in learning more about the mental health field. Whether a patient, family, friend or caregiver, readers will find information to support them as they manage their mental health.

Principles of Health: Anxiety & Stress provides students and researchers with a fundamental understanding of a wide range of disorders related to anxiety and stress—including Generalized Anxiety Disorder, Occupational Stress, Depression, and Social Anxiety Disorder—using easy-to-understand language for a solid background and a deeper understanding and appreciation of this important subject.

This work begins with a comprehensive Editor's Introduction to the topic of diabetes. Following the Introduction, *Principles of Health: Anxiety & Stress* includes 169 entries arranged in seven broad categories:

- **Types of Anxiety & Stress** provides comprehensive overviews of the most common medical conditions related to anxiety and stress.
- **Sources of Anxiety & Stress** offers in-depth articles outlining a wide variety of stressors and other factors that can lead to the formation of anxiety disorders.
- **Assessing Anxiety & Stress** covers the most common techniques employed by psychologists, psychiatrists, and other mental health professionals to assess a patient's mental health.
- **Related Conditions** outlines a number of diseases and disorders, such as depression, that are similar to or overlap with anxiety and stress.
- **Treatment, Therapy, and Coping** covers a range of approaches to dealing with anxiety and stress, from the pharmaceutical to the therapeutic.
- **Complementary and Alternative Therapies** details a range of non-traditional treatments for anxiety and stress.
- **Conditions In-Depth** focuses on seven specific disorders, offering practical advice, including recognizing symptoms and seeking medical assistance.

Some the entries discussed in this volume include:

- Death Anxiety (Thanatophobia)
- Panic Attacks
- Postpartum Psychosis
- Abusive Relationships
- Family Dynamics
- LGBTQ+ Anxiety
- The Rorschach Inkblot Test
- Autism Spectrum Disorder
- Depression
- Eating Disorders
- Obsessive-Compulsive Disorder
- Aversion Therapy
- Gestalt Therapy
- Placebo Effect
- Hypnotherapy
- Meditation and more

All entries contain a generous selection of bibliographical resources and suggestions for further reading. Many entries also include images and photographs to illustrate concepts and treatments. This work includes helpful appendixes, including: Bibliography; Glossary; and Subject Index.

Essays are comprehensive and accessible to high school and undergraduate students and general readers interested in the study, mechanics, and treatment of anxiety and stress - a must-have resource for students and researchers building a foundation in the study of this topic.

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Principles of Health: Anxiety & Stress

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Other Volumes in this Series:

Principles of Health: Pain Management

Principles of Health: Obesity

Principles of Health: Diabetes

Principles of Health: Nursing

Principles of Health: Public Health