

Susan Fee's Suggested Reading List for Stress Management

- Bernstein, A. *The Myth of Stress: Where Stress Really Comes From and How to Live a Happier and Healthier Life*. New York: Free Press, 2010.
- Davis, M., Robbins-Eshlman, E., & McKay, M. *The Relaxation and Stress Reduction Workbook*. Oakland, CA: New Harbinger Publications; 6th edition, 2008.
- Fee, S. [*21 Days to Managing Your Stress*](#). Cleveland, OH: Susan Fee & Associates, Inc., 2011.
- Gallwey, T. *The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential*. New York: Random House, 2009.
- Groves, D. *Stress Reduction for Busy People: Finding Peace in an Anxious World*. Novato, CA: New World Library, 2004.
- Hipp, E. *Fighting Invisible Tigers: Stress Management for Teens*. Minneapolis, MN: Free Spirit Publishing, 2008.
- Kabat-Zinn, J. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York: Bantam Dell, reissued 2005.
- Loehr, J. & Schwarz, T. *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*. New York: Free Press, 2004.
- Luhrs, J. *The Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living*. New York: Broadway Books, 1997.
- Rossmann, M. *The Worry Solution: Using Breakthrough Brain Science to Turn Stress and Anxiety Into Confidence and Happiness*. New York: Crown Archetype, 2010.
- St. James, E. *Simplify Your Life with Kids: 100 Ways to Make Family Life Easier and More Fun*. Kansas City, MO: Andrews McMeel Publishing, 1997.
- St. James, E. *Simplify Your Life: 100 Ways to Slow Down and Enjoy the Things That Really Matter*. New York: Hyperion, 1994.