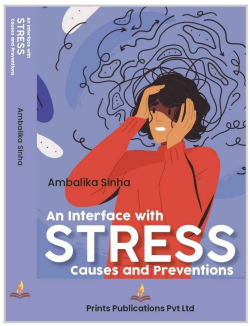
Book Information Sheet

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An Interface with Stress : Causes and Preventions

Author: Ambalika Sinha

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About the Author

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Dr. Ambalika Sinha is a lecturer in the Department of Humanities and Social Sciences in Motilal Nehru National Institute of Technology, Allahabad. She is Ph.D in Psychology. In the area of stress. She has twenty-five papers published, presented in various journals, books, conferences and seminars. She is guiding research scholars in the areas of stress, competitiveness etc. She is well versed in the courses she teaches like Organizational Behaviour. Principles of Management, Human Resource Management, Social Psychology, Indian Social Organization, Industrial Psychology. She has represented her institute in many conferences like International Conference on Health

Behavioural Sciences, Tokyo (1991), Fourth Regional Conference of International Association of Cross Cultural Psychology, Kathmandu (1992), Third covention of National Academy of Psychology, Meerut University (1992), 5th Congress of National Academy of psychology, Allahabad University (1994), National Seminar on Community Psychology, A.P.S. University, Rewa (1999), National Seminar of Identity in Youth Socio-Cultural Perspective, Allahabad University (2004), National Conference on Impact of Globalization on Education, Culture and Personality, A.D.C. Allahabad (2005), National Seminar on Liberalization and Empowerment of Women in India, Allahabad (2005). She has also done ISTE course : Training on Knowledge Management and its Implications in Indian Business, Birla Institute of Technology, Ranchi, 2004. She hopes the reader find this book informative, interesting and meaningful for learning about stress.

Product Description

This book entitled “An Interface with Stress: Causes and Preventions” is a creation based on observations about people, be it children, youngsters, adults, or old people running for life. Children are facing competitions, parents’ pressurizing expectations and unlimited aspirations, youngsters are busy under the strain of higher studies for preparing them for jobs, high status and comfort, adults are stressed because of job conditions, hectic daily routine, hassles, family life, children related problems etc. This book comprises of nineteen chapters which try to cover up main areas of stress, be it physiology, psychology of stress or social stress, organizational stress, natural calamities, children under stress, family and stress, etc. It also deals with various coping strategies and role of nutrition and de-stressors in one’s life. After reading this book one may get the picture of stress from every angle possible and also get information about various coping strategies for each of them plus one may also get insights into preventive measures which may inoculate them against stress. This may also add to one’s confidence in facing life. This book may prove worthwhile for all, be it common public, students of psychology, graduates, post-graduates and researchers, players, patients, clinicians, sports psychologists, health conscious people, etc. All those who want to increase their awareness about stress and how to deal with it, may find the book useful. The highlights of this book are that it’s subject matter has been presented in simple English, examples are from indigenous areas. All can grasp it easily. Diagrams, tables, boxes have been made to illustrate the important topics. Professionals may also benefit from it. This book may serve its purpose of enriching people about stress knowledge and methods of coping with an ever persisting devil in one’s life ‘Stress’.