Preventive stress management in organizations
James Campbell Quick
This book examines individual and organisational sources of stress and their consequences; methods and instruments for diagnosing organizational and individual stress; ways to redesign work and improve professional relationships; and methods for managing demands and stressors.

The complete guide to exercising away stress
Debbie Lawrence
Covering the causes of and responses to stress; how to recognise the signs and symptoms of stress; practical physical and mental strategies and techniques for managing stress; and how to develop the skills and qualities needed to deal effectively with clients.

Exercise for Mood and Anxiety Proven Strategies for Overcoming Depression and Enhancing Well-Being
Michael Otto, Jasper Smits
With Exercise for Mood and Anxiety, Michael Otto and Jasper Smits, well-known authorities on cognitive behavioral therapy, take their empirically-based mood regulation strategy from the clinic to the general public.

Mind Over Mood, Change How You Feel by Changing the Way You Think
Dennis Greenberger et al.
This book teaches cognitive-behavioral therapy to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems.