



Stress and Tension Control 3: Stress Management

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These are the proceedings of the Third International Interdisciplinary Conference on Stress and Tension Control, sponsored by the International Stress and Tension-Control Society held at the University of Edinburgh, Scotland from August 30-September 3, 1988. The Society celebrated the 15th year of its existence. It was founded in 1974 as the American Association for the Advancement of Tension-Control which held annual meetings in Chicago through 1979. Recognizing the multi-national interest in stress and tension control, the association changed its name and scope accordingly. The original American Association was founded and nurtured for many years by Dr. and Mrs. Edmund Jacobson and Professor F. J. McGuigan. The proceedings of the first international conference in London were also published by Plenum Publishing Company (Stress and Tension Control, McGuigan, Sime and Wallace, 1980), as were those of the second international conference which was held at the University of Sussex in Brighton, England (McGuigan, Sime and Wallace, 1984). These and the publication of the proceedings from 1974 reflect the interest in stress and tension control that has grown steadily throughout the past decades, as also does the publication of numerous other books related to Stress Management.

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