

Here's a promise that could not be more timely or needed: You can dial down your stress in just a few minutes, with no ponderous meditations, medications, or martinis required.

Written by Dr. Jennifer L. Taitz, a clinical psychologist who specializes in teaching mindfulness-based behavioral skills to manage intense emotions and situations, *Stress Resets* provides 75 scientifically proven ways to improve how you respond to stress, both in the moment and in the long run. There are accessible yet powerful exercises like dipping your face in ice water to quiet your body and mind; adopting a half smile to change your mood from the outside in; singing your irrational negative thoughts to reduce their believability; building a hope kit so you can remind yourself of what's possible in tough moments; and making a pie chart of your life to gain perspective. By incorporating these into your days, you can stop the cycle of obsessing, panicking, and avoiding and instead effectively approach what matters to you most. You'll also find stress buffers designed to build your resilience so you can navigate whatever comes your way.

Through personal anecdotes, expert interviews, cutting-edge studies, and practical tips, you'll learn how to manage your emotions instead of the other way around. *Stress Resets* will not only change how you view your stress but also give you the hope and confidence you need to reset and ultimately change how you feel.

JENNIFER L. TAITZ, PsyD, ABPP, is a clinical psychologist board certified in CBT and DBT and an assistant clinical professor in psychiatry at the University of California, Los Angeles. She is also the author of *How to Be Single and Happy: Science-Based Strategies for Keeping Your Sanity While Looking for a Soul Mate* and *End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food*. Her *New York Times* article on stress resets went viral during the pandemic.

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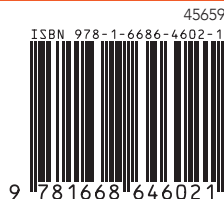
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The Playaway format is recommended for children ages 5 and up.



AUDIO

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Stress Resets

How to Soothe Your Body
and Mind in Minutes

Adult



PLAYAWAY

THE ALL-IN-ONE AUDIOBOOK

