

Stress Management/Test Anxiety Bibliography List

These are all available at Barnes and Noble, some at Powell's, and some at our Clark College library or the Fort Vancouver Library System. There are some great CDs in the bookstore as well...

The Anxiety and Phobia Workbook

The Relaxation and Stress Reduction Workbook (available in Clark College library)

Why Zebras Don't Get Ulcers (available in Clark College library)

Taking the Anxiety Out of Taking Tests (available in Clark College library)

Conquering Math Anxiety (available in Clark College library)

Overcoming Math Anxiety (available in Clark College library)

VIDEO: Emmett Miller Stress Break (1985) 13 minutes
A montage of gentle nature images: cascading streams, crashing surf, wind-rippled meadows and golden sunsets.

Audio (CD): Emmett Miller Letting Go of Stress (2002) 80 minutes
Tension relaxation (23:23 min.)
Autogenic stress relief (15:35 min.)
A trip to the beach (19:56 min.)
Mental & physical relaxation (20:20 min.)

Audio: Emmett Miller Pass Your Test (1981) ??? minutes
Stress management, key to concentration -- Supertesting.

Audio (Tape): Emmett Miller Stressfitness "Heart To Heart" Conversations (1991)
180 minutes

Vol. 1 Keys to mastery and stress and your body

Vol. 2 Addiction and dependency and stress for peak performance

Using conversations, stories, songs, case studies and anecdotes, Dr. Miller shows healthy ways to deal with stress.

Video: Stress: Keeping Your Cool (1995) ??? minutes
This program looks at the impact that stress has on our society and describes positive and negative stress, stress control, and ways to simplify a hectic lifestyle. Experts identify what causes stress, why women are experiencing such high levels of stress in their lives, and how teenagers are particularly prone to stress. The program explores the relationship between stress levels and health and the growing recognition in medical circles that physical ailments are often linked, if not caused, by mental and emotional stress and anxieties.

Video: Alan Alda/Scientific American Frontiers (2003) Worried Sick
60 minutes

Emmett Miller's website is:

http://www.drmler.com/index_main.html

His guided imagery "listening station" is:

http://www.drmler.com/listening_station/index.html