

BOOKS

Sunday, July 30, 2006

GETTING THE WORD OUT

The book: "How the Best Handle Stress: More Power to You by Using Your Head and Heart." Warren Publishing. \$24.95.

The author: Ron Rubenzer of Greensboro is a licensed psychological associate at Triad Counseling and Clinical Services who also teaches at GTCC and Winston-Salem State University. He has written guest columns for the News & Record on stress.

What it's about: "It's an easy-to-read, humorous look at how to use stress for success at home, work and school." Contains many "powerful, instant, tried-and-true easy-to-use stress remedies" and helps readers understand how humor can be used to allevi-

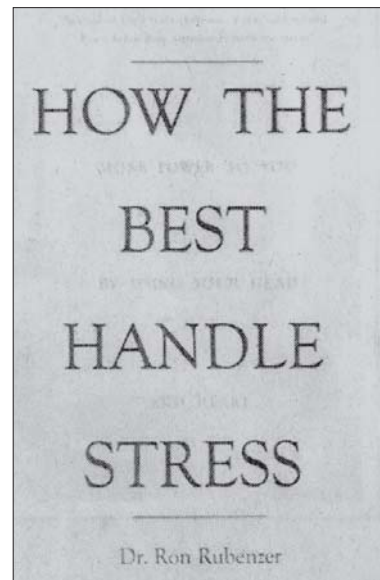


Rubenzer

ate stress.

Intended audience: Anyone who is experiencing stress who wants to reduce stress and improve relationships with their loved ones.

Why I wrote it: "After teaching hundreds of people psychology, I noticed they were taking psychology to be happier and more effective. I tried to write a 'mind-owner's manual' to help people 'fine-tune' to get more out of life by turning down the noise (stress) in their lives. I found that reducing stress comes from [changing] how we view events. Those best at handling stress often have a sense of humor, have fun whenever possible, never give up and



value family and friends above all else."

Where to get it: Barnes & Noble stores in Greensboro and High Point, Amazon.com and other online venues.