



# People and Change: An Introduction To Counseling and Stress Management

*Catherine M. Flanagan*

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How to capitalize on change -- as a key feature of modern living -- is the central theme of this work.

Incorporating the major theoretical advances psychology has made during the last thirty years, *People and Change* describes how clinical levels of psychological difficulty can develop and how problems such as phobias, depression, shyness, marital and sexual disharmony, obsessions, and over-indulgence are treated.

Although a psychology text, *People and Change* offers an unusually broad scope. The text acknowledges the interplay of somatic vulnerabilities, environmental influences, large individual differences, and various other factors that can be involved in the complex stress process that leads to bad habits. The ability of the individual to adapt to change through self-knowledge is stressed throughout this important book.

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