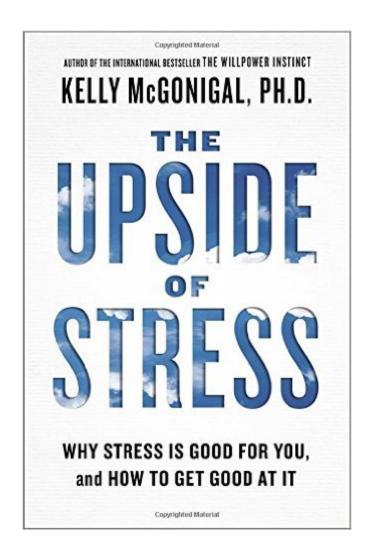
The book was found

The Upside Of Stress: Why Stress Is Good For You, And How To Get Good At It





Synopsis

Drawing from groundbreaking research, psychologist and award-winning teacher Kelly McGonigal, PhD, offers a surprising new view of stressâ "one that reveals the upside of stress, and shows us exactly how to capitalize on its benefits. You hear it all the time: stress causes heart disease; stress causes insomnia; stress is bad for you! But what if changing how you think about stress could make you happier, healthier, and better able to reach your goals? Combining exciting new research on resilience and mindset, Kelly McGonigal, PhD, proves that undergoing stress is not bad for you; it is undergoing stress while believing that stress is bad for you that makes it harmful. In fact, stress has many benefits, from giving us greater focus and energy, to strengthening our personal relationships. Â McGonigal shows readers how to cultivate a mindset that embraces stress, and activate the brain's natural ability to learn from challenging experiences. Both practical and life-changing, The Upside of Stress is not a guide to getting rid of stress, but a toolkit for getting better at itâ "by understanding, accepting, and leveraging it to your advantage.

Book Information

Paperback: 304 pages

Publisher: Avery; Reprint edition (May 10, 2016)

Language: English

ISBN-10: 1101982934

ISBN-13: 978-1101982938

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â See all reviews (82 customer reviews)

Best Sellers Rank: #17,941 in Books (See Top 100 in Books) #77 in Books > Health, Fitness &

Dieting > Psychology & Counseling > Applied Psychology #95 in Books > Self-Help > Stress

Management #1486 in Books > Science & Math

Customer Reviews

Sometimes, you need 3.5 stars. The book flowed as follows:Part 1, Rethink Stress - Chap 1: McGonigal works to show that you can change an established mindset, and that changing said mindset leads to positive outcomes (in relation to stress). She backs this stuff up with lots of research, which is a big plus in my view and made the chapter interesting to read. Lastly, she defines what a â œchanged mindsetâ • looks like in relation to stress. She's telling us that our view shouldn't be that stress is all-good or that stress is all-bad, but that stress is a little of both. Overall,

solid chapter. - Chap 2: Reframing stress. Why stress is actually not bad for you, and why stress can be harnessed and translated into good. Research cited: young monkeys separated from their mothers actually had bigger prefrontal cortexes (making them more resilient). More surprising research: Men who are stressed out (contestants on a game show) had unusually high rates of trust and cooperation - around 75%. "Stress made the men prosocial. The stronger their hearts' response to stress, the more altruistic they became." Surprising and informative. - Chap 3: A meaningful life is a stressful life. That's the title and, frankly, a good summary of this chapter. This is the point at which the book started to get a bit more choppy for me. Chapter three felt like chapter 2, continued. I underlined this sentence: "The most meaningful challenges in your life will come with a few dark nights." That rings absolutely true. However, is it really materially different from saying that stress can be good for us? I don't think this section needed to be a standalone chapter.

This book was disappointing. I enjoyed McGonical"s first book on willpower. However I have to agree with the other reviewer who generously described the book as excessively descriptive (Code for tedious and repetitious). I usually enjoy research, but in this book it is layered on so thick, that I kept finding myself skimming through the research and looking for the next pearl of wisdom - which were few and far between. I'm not sure how a person who isn't interested in research would be able to persevere? In one of my breaks from the book (which were many) I had a closer look at some of the research quoted. For example early on in the book McGonical references research by Alia Crum (McGonical's pinup girl for mindsets) suggesting that a milkshake that was labelled as having high calories resulted in people feeling fuller (they had lower levels of ghrelin) than the same milkshake labelled as having low calories. The problem is if you read the research its says "This study did not find any significant differences with respect to subjective hunger regardless of mindset" I then checked out more of Crum's research referenced by McGonical - this one linking a "stress is good"mindset to cortisol response. And again the research found no significant relationship between cortisol and the type of stress mindset. It seems that McGonical may be inadvertently selectively quoting her research to prove her point. This piqued my interest and I started to explore the research on mindsets - and what I found is that the research is mixed at best. More than often the research design is poor, with lots of confounding factors, and often not replicated when tested in the real world.

Download to continue reading...

The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It The Upside of Your Dark Side: Why Being Your Whole Self - Not Just Your "Good" Self - Drives Success and Fulfillment

Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School) Upside Down: How the Left Turned Right into Wrong, Truth into Lies, and Good into Bad By Robert M. Sapolsky - Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping - Now Revised and Updated (Third Edition) (8/16/04) Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress Related Diseases, and Coping (2nd Edition) Why Zebras Dont Get Ulcers: A Guide to Stress, Stress-Related Diseases, and Coping Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Diseases, and Coping Why You Get Sick and How You Get Well: The Healing Power of Feelings STRESS FREE LIVING How to manage your stress and understand what cause it: Get rid of anxiety for good (Build a Better Self Book 3) Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America The Upside of Being an Introvert American Roulette: How I Turned the Odds Upside Down---My Wild Twenty-Five-Year Ride Ripping Off the World's Casinos 1066 Turned Upside Down: Alternative fiction stories by nine authors Game Over: How Politics Has Turned the Sports World Upside Down Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) What Every Good Lawyer Wants You to Know: An Insider's Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families IS THIS WHY AFRICA IS? (Why Africa is poor, Why Africa is not developing, What Africa needs, What Africa needs to develop): Africa, Africa, Africa, Africa, Africa, Ebola, Ebola

Dmca