

*Living With Stress* by Anthony Yeo

Living with the high expectations and demands of a world class institution invariably puts students through high levels of stress. *Living With Stress* by Anthony Yeo, Director of the Counseling and Care Center in Singapore offers tips and strategies on how to deal with stress arising from a wide range of problems any individual may face.

While the book is for people from all ages and walks of life, the information and techniques in *Living With Stress* is particularly pertinent to youths. It addresses a variety of issues that a teenager would face in this critical stage of his or her life. Anthony Yeo offers insight on causes of stress ranging from academics stress to social anxiety, common problems which a fair percentage of the student body is facing.

*Living With Stress* also addresses several other more stressful situations that some youths may inevitably face. It offers advice on more traumatic events that may greatly impact a teenager's mental state such as relationship troubles, divorce of parents and the loss of a loved one.

Excessive stress is a very real problem which could negatively affect a person's mental and physical well-being. As such, learning to cope with stressful situations in a healthy manner is vital to any individual. *Living With Stress* is a relatively short and concise read, offering views on stress by reputable specialists in this field and practical advice on how to deal with stress.

This book is definitely recommended for students, teachers and parents.