

tools of the trade

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Stress and You *Stress and You (series of three films). Beverly Hills, California: American Educational Films, Box 5001, 132 Lasky Drive, Beverly Hills, California 90212.*

Stress, Health, and You deals with stress and its effect on our health. Hans Selye, noted stress researcher, discusses how stress can have both positive and negative causes. Richard Rahe, co-developer of the Life Change Cycle, illustrates how dramatic changes in our lives can affect our bodies. This overview film helps people analyze how their own health is modified by stressful events. Color, 18 min.; rental, \$35; purchase, \$305.

Stress and You: Learning To Cope offers positive suggestions on avoiding stress and individual responses to it. Selye provides insights on our unique abilities to handle the problem. Color, 14 min.; rental, \$35; purchase, \$280.

Stress and You: Relaxation Techniques provides special methods of meditation, biofeedback, and relaxation therapy that have proven effective in reducing stress and keeping its negative results to a minimum. Color, 11 min.; rental, \$30; purchase, \$210.

If all 3 films are purchased, the price is \$750. Films may be previewed free before purchase. Free preview isn't allowed on rentals.