

Required Textbook: Spring 2012 - H.ED 12 "Stress Management"

Please Read this Information Carefully as it should answer all of your questions regarding the textbook.

Being an on-line course, it is imperative that students have the required textbook. Students will not be able to complete the quizzes or assignments without the book.

The required textbook is:

"Comprehensive Stress Management" by Jerold S. Greenberg. Published by McGraw Hill. No journal required. Just the textbook.

Students can use the 11th or 12th edition of the textbook

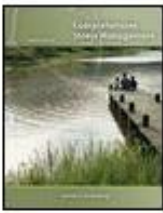
11th edition ISBN: Published 2009, ISBN- 9780073380766

12th edition ISBN: Published 2011, ISBN- 9780073380919

Can I use an earlier edition of the textbook such as the 10th edition or earlier?

No. Any earlier edition is not acceptable for this class and there is no technical support available for earlier edition. Must be at least the 11th edition of the textbook.

What does the textbook look like? Can use either book shown below.



Comprehensive Stress Management, 12th Edition
Jerrold S Greenberg, University of Maryland---College Park
Softcover, 464 pages
©2011, ISBN- 9780073380919



Comprehensive Stress Management, 11th Edition
Jerrold S Greenberg, University of Maryland---College Park
Softcover, 480 pages
©2009, ISBN- 9780073380766

Do I need any of the other things available with the book? Such as the CD, critical thinking workbook or the health assessments workbook, etc?

No. These items are not used in the course.

Is the textbook available to use at the West Valley library?

There is a reserve copy of the textbook available for use while inside the West Valley College Library. Please go to main checkout counter to "check out" the reserve text for library use.

Where can I purchase the Textbook? (Please review all options and compare pricing to obtain the best value)

1. Students can purchase the Electronic Textbook (E-textbook) directly from "CourseSmart."
There is a substantial savings by using the E-Textbook and it will be available to you immediately after purchasing it. (Please note that the electronic book may be available at the campus bookstore. Please contact the campus bookstore for details).

Go to this link: [E-Textbook from the CourseSmart](http://www.coursesmart.com/comprehensive-stress-management-12th-edition/greenberg-jerrold/dp/0077333047)
<http://www.coursesmart.com/comprehensive-stress-management-12th-edition/greenberg-jerrold/dp/0077333047>

Can also telephone "CourseSmart": For **online** eTextbooks and downloadable eTextbooks call: **1-866-588-3197**

2. Students can purchase a paperback textbook at the West Valley College Bookstore. When purchasing directly from the bookstore, please note that you are subject to the bookstores pricing and packaging arrangements.

Students can go to the campus bookstore to purchase the textbook. [Click here to view bookstore hours, click here.](http://www.westvalley.edu/calendar/phone_hours/) http://www.westvalley.edu/calendar/phone_hours/

Students can also purchase the textbook on-line from the campus bookstore. [Click Here to purchase on-line from campus bookstore.](http://westvalley.bncollege.com) <http://westvalley.bncollege.com>

3. Students can purchase the required textbook from any textbook purchasing sources available to them (internet source, friends, etc).