

## **BIBLIOGRAPHY**

## BIBLIOGRAPHY

- Alexander, F. (1950). *Psychosomatic Medicine*, New York, Norton.
- Anthony, Grasha and Daniel S. Kirschenbaum (1980). *Psychology of Adjustment and Competence : An Applied Approach*, Massachusetts, Winthrop Publishers, Inc.
- Anisman, H. (1978). "Neurochemical Changes Elicited by Stress" in H. Anisman & G. Bignani (eds.), *Psychopharmacology of Adversely Motivated Behaviour*, New York, Penum.
- Antelman, S.M. & Caggiula, A.R. (1977). "Norepinephrine-dopamine interactions and behaviour", *Science*, 195:646-653.
- Anthony, F. Grasha & Daniel S Kirshenbaum (1980). *Psychology of Adjustment and Competence : An Applied Approach*, Winthrop Publishers, Inc.
- Antonovsky, A. (1979). *Health Stress and Coping*, San Francisco, Jossey-Bass.
- Appley, J.J. & Trumbuli, R. (1977). "The Concept of Psychological Stress" in A. Monat S.M. Lazerus (eds.), *Stress and Coping*, New York, Columbia University Press.
- Arpita Biswas, D. Biswas & P.K. Chattopadhyay (1995). "Cognitive Behaviour Therapy in Generalized Anxiety Disorder". *Ind. J. Clin. Psychol.*, Vol. No. 22, No. 2:1-10.
- Atkinson, J., E. Berne and R.S. Woodworth (1988). *Dictionary of Psychology*, Fourth Revised Edition, GOVLSaaB Publishers and Distributors.
- Barbara B. Brown (1977). *Stress and the Art of Biofeedback*, Harper & Row Publishers.
- Barbra, B. Brown (1978). *New Mind New Body : Biofeedback - New Direction for the Mind*. Harper & Row Publishers.
- Barbara, Ann Brennan (1988). *Hands of Light : A Guide to Healing Through the Human Energy Field*, Bantam New Age Books.
- Benjamin, B. Wolman (1979). *Contemporary Theories and Systems in Psychology*, Freeman Book Company.

- Berger, H. (1969). "Hans Berger and the Discovery of the Electroencephalograph", P. Gloor (translated and edited), *Electroencephalography and Clinical Neurophysiology*, Supplement, 1969, 28:1-36.
- Blumenthal, J.A., Jiang, W. Babyak, M.A., (1997). "Stress Management and Exercise Training in Cardiac Patients with Myocardial Ischemia", *Archives of Internal Medicine*, 157:2213-2223.
- Brown, G.W. & Harris, T. (eds.) (1978). *Social Origins of Depression : A Study of Psychiatric Disorder in Women*, New York, Free Press.
- Carlg, Hogan R. & David W. Champagne (1980). "Prsonal Style Inventory", *The Annual Handbook for Group Facilitators*, University Associates Inc.
- Clifford T. Morgan (1997). *Introduction to Psychology*, Tata McGraw-Hill Edition.
- Cohen, F. & Lazarus, R.S. (1973). "Active Coping Processes, Coping Dispositions, and Recovery From Surgery". *Psychosomatic Medicine*.
- Coyne, J.C. & Lazarus, R.S. (1980). "Cognitive Style, Stress Perception and Coping" in I.L. Kutash & L.B. Schlesinger (eds.), *Handbook on Stress and Anxiety : Contemporary Knowledge, Theory and Treatment*, San Francisco, Jossey-Bass.
- Danah Zohar (1991). *The Quantum Self*, Flamingo, An Imprint of Harper Collins Publishers.
- Datey, K.K., S.N. Deshmukh, C.P. Dalvi (late), S.L. Vinekar (1969). "Shavasana a Yogic Exercise in the Management of Hypertension", *Angiology*, 20:325-333.
- Davidson, P.O. & Davidson, S.M. (1980). *Behavioural Medicine : Changing Health Life Styles*, New York, Brunner/Mazel.
- David, A. Taylor (1983). '*Mind*' A Scientist's View of How the Mind Works and How to Make it Work for You, London, Century Publishing.
- Deepak, Chopra (1990). *Quantum Healing*, Bantam Books.
- Depue, R.A., Monroe, S.M. & Shackman, S.C. (1979). "The Psychobiology of Human Disease : Implications for Conceptualizing the Depressive Disorders" in R.A. Depue (eds.), *The Psychobiology of the Depressive Disorders : Implications for the Effects of Stress*, New York, Academic.

- Dohrenwend, B.P. & Dohrenwend, B.S. (1979). "The Conceptualization and Measurement of Stressful Life Events : An Overview of the Issues" in R.A. Depue (eds.), *The Psychobiology of the Depressive Disorders : Implications for the Effects of Stress*, New York, Academic.
- Don, Richard Riso & Russ, Hudson (1996). *Personality Types. Using the Enneagram for Self-Discovery*, New York: Boston, Houghton Mifflin Company.
- Donald, Watson (1993). *A Dictionary of Mind and Spirit*, New Delhi, Rupa & Co. Ltd.
- Edward, W. Minium, Bruce M. King & Gordon Bear (1995). *Statistical Reasoning in Psychology and Education*, Third Edition, John Wiley & Sons.
- Ellendorf, F. & Parvizi, N. (1980). "Role of Extrahypothalamic Centers in Neuroendocrine Integration" in M. Motta (eds.), *The Endocrine Functions of the Brain*, New York, Raven press.
- Eric, Berne (1990). *Transactional Analysis in Psychotherapy*, Rupa Co. Ltd.
- Fritjof, Capra (1975). *The Tao of Physics*, Third Edition, Flamingo, An Imprint of Harper Collins Publishers.
- Fritjof, Capra (1982). *The Turning Point*, Flamingo, An Imprint of Harper Collins Publishers.
- Gala, D.R. & Dr. Sanjay Gala (1993). *Diabetes, High Blood Pressure Without Any Fear*. Navneet Pub. (I) Ltd.
- Gary, Zukav (1980). *The Dancing Wu Li Masters*, A Bantam New Age Book.
- Girishbala, Mohanty (1984). *A Text Book of Abnormal Psychology*, New Delhi - Ludhiana, Kalyani Publishers.
- Glass, D.C. (1977). *Behaviour Patterns, Stress and Coronary Disease*, Hinsdale, Erlbaum.
- Glen, Peter Kezwer (1997). *Meditation Oneness and Physics*, Sterling Publishers Pvt.Ltd.
- Gopal, S.K., V. Anantharaman, S.D. Nishith, O.P. Bhatnagar (1975). "The Effects of Yogasanas on Muscular Tone and Cardio-respiratory Adjustments", *Yoga Life*, 3-11.

- Graham, J.D.P. (1945). "High Blood Pressure After Battle", *Lancef*, Vol. 1, 239-246.
- Green, J.H. (1969). *Basic Clinical Physiology*, Oxford University Press.
- Gross, F., Z. Pisa, T. Strasser and A. Zanchetti (1984). *Management of Arterial Hypertension : A Practical Guide for Physician and Allied Health Workers*, Geneva, World Health Organization.
- Gunderson, E.K.E.. & Rahe, R.H. (1974). *Life Stress and Illness*, Springfield, Thomas.
- Haan, N.A. (1969). "Tripartic Model of Ego Functioning : Values and Clinical Research Applications", *Journal of Nervous and Mental Disease*, 148:14-30.
- Hamilton, M. (1960). "A Rating Scale for Depression", *J. Neurol, Neurosurg. Psychiat.*, 23:56-62.
- Hanns, P. Wolff (1996). *Speaking of High Blood Pressure*, Sterling Health & Cure Series.
- Harold, I. Kaplan, Benjamin J. Sadock, Jack A. Grebb, (1994). *Kaplan and Sadock's Synopsis of Psychiatry*, Seventh Edition, B.I. Waverly Pvt. Ltd.
- Henry, E. Garrett, & R.S. Woodworth (1981). *Statistics in Psychology and Education*. Vakils, Feffer and Simsons Ltd.
- Henry, J.P. & Meehan, J.P. (1981). "Psychosocial Stimuli, Physiological Specificity and Cardiovascular Disease" in H. Weiner, M.A. Hofer & A.J. Stunkard (eds.), *Brain, Behaviour and Bodily Disease*, New York, Raven.
- Herman, Hellertein and Paul Perry (1990). *Healing Your Heart : A Proven Program for Reversing Heart Disease Without Drug or Surgery*, Simon and Schuster.
- Holroyd, K. (1976). "Cognition and Desensitization in the Group Treatment of Test Anxiety", *Journal of Consulting and Clinical Psychology*, 44:991-1001.
- Isaacson, R.L. (1974). *The Limbic System*, New York, Plenum.
- Jagdish, Parikh (1994). *Intuition, the New Frontier of Management*, Bombay, India Book Distributor Ltd.
- James, C. Coleman (1987). *Abnormal Psychology and Modern Life*, D.B. Tara Prevala Sons & Co. Pvt. Ltd.

- Jayanti, Basu, Saugata Basu and Somnath Bhattacharyya (1997). "The Relation of Stress and Ego Functions to Experienced Depression", *Ind. J. Clin. Psychol.* Vol. No.24, 2:125-130.
- Jenkins, C.D. (1979). "Psychological Modifiers of Response to Stress", *Journal of Human Stress*. 5:3-15.
- Johann, Stoyva and Cathy Anderson (1982). "A Coping-Rest Model of Relaxation and Stress Management" in Leo Goldberger & Shlomo Breznitz (eds.), *Handbook of Stress, Theoretical and Clinical Aspects*, New York, The Free Press.
- John, J. Shaughnessy & Eugene B. Zechmeister (1994). *Research Methods in Psychology*, Third Edition, McGraw-Hill International Editions.
- Joseph, Yendels (1970). *Concepts of Depression*, New York, London, Sydney, John Wiley & Sons, Inc.
- Joseph, Vrinte (1996). *The Quest for the Inner Man. Transpersonal Psychotherapy and Integral Sadhana*, Pondicherry, Sri Mira Trust.
- Joseph, D. Sargent (1982). "Stress and Headache" in Leo Goldberger & Shlomo Breznitz (eds.), *Handbook of Stress, Theoretical and Clinical Aspects*, New York, Free Press.
- Kaplan, H.B., Cassel J.C. & Gore, S. (1977). "Social Support and Health", *Medical Care*, 15(5):47-58.
- Kaplan, N.M. (1979). *The Goldblatt Memorial Lecture. Part II : The Role of the Kidney in Hypertension*. *Hypertension*, 1:456-461.
- Karen, Webb (1996). *Principles of the Enneagram*, Thorsons, An Imprint of Harper Collins Publishers.
- Keith, Hawton, (1989). *Cognitive Behaviour Therapy for Psychiatric Problems a Practical Guide*, University of Oxford.
- Kenneth, A. Holroyd & Richard, S. Lazarus (1982). "Stress, Coping and Somatic Adaptation", in Leo Goldberger and Shlomo Breznitz (eds.), *Handbook of Stress, Theoretical and Clinical Aspects*, New York, Free Press.

- Kumar, S.S., Paramjit Kaur & Ms Sarabjit Kaur (1993). "Effectiveness of Shavasana on Depression Among University Students", *Ind. J. Clin. Psychol.*, 20:82-87.
- Lazarus, R. (1966). *Psychological Stress and Coping Process*, New York, McGraw-Hill.
- Leo Goldberger & Shlomo Breznitz (eds.) (1982), *Handbook of Stress. Theoretical and Clinical Aspects*, New York, Free Press.
- Louise, L. Hay (1988). *Heal Your Body*, Carson, CA., Hay House, Inc.,
- Luthe, W. & S. Blumberger (1977), "Autogenic Therapy", in E.D. Wittkowr & H. Warnes (eds.), *Psychosomatic Medicine : Its Clinical Applications*, New York, Harper & Row, 146-163.
- Marija, J. Norusis (1986). *Advanced Statistics SPSS/PC + TM for the IBM PC/XT/AT*, Marketing Department (SPSS).
- Mehra, B.K. & B.Z. Lashkai (1988). *High Blood Pressure, Causes, Prevention & Treatment*, Orient Paperbacks.
- Minuchin, S., Rosman, B.L. & Baker, L. (1978). *Psychosomatic Families*, Cambridge, Harvard University Press.
- Miller, N.E. & Dworkin, B.R. (1977). "Critical Issues in Therapeutic Applications of Biofeedback" in G.E. Schwartz & J. Beatty (eds.), *Biofeedback*, New York, Academic.
- Motoyama, H. (1976). "Hypnosis, Psychosis and Religious Experience", *IARP, Research for Religion and Parapsychology*, Vol. 2, 2:4.
- Nathawat, S.S. and Uma Joshi (1997). "The Effect of Hardiness and Type A Behaviour Pattern on the Perception of Life Events and Their Relationship to Psychological Well-being", *Indi. J. Clin. Psychol.*, Vol. No. 24:1, 52-57.
- Norman, Haan (1982). "The Assessment of Coping Defence and Stress" in Leo Goldberger & Shlomo Breznitz (eds.), *Handbook of Stress, Theoretical and Clinical Aspects*, New York, Free Press.
- Obrist, P. (1981). *Cardiovascular Psychophysiology : A Perspective*, New York, Plenum.

- Oswald, Summerton (1994). *Becoming O.K. Transactional Analysis, Basic Concepts*, Bombay, Alfreruby Publishers.
- Pasek, T. and W. Romanowski (1971). "Relaxation - Concentration Yoga Exercises in Current Physical Education", *FIEP Bulletin*, Vol. 41, 90-92.
- Patanjali Yoga Institute (1972). *Quarterly Progress Report for the Quarter Ending September 30*, Hyderabad.
- Patel, C. (1973). "Yoga and Biofeedback in Management of Hypertension", *The Lancet*, Vol. 2, 1053-5.
- Patel, C. W.R.S. North (1975). "Randomized Controlled Trial Yoga and Biofeedback in Management of Hypertension", *In Mind/body Integration*, 535-540.
- Pearlin, L.I. & Schooler, C. (1978). "The Structure of Coping", *Journal of Health and Social Behaviour*, 19:2-21.
- Paper, S. Ancoli & M. Quinn (eds.) (1978). *Mind/Body Integration : Essential Readings in Biofeedback*, New York, Plenum, 68-76;163-200.
- Paul, D. Tiger and Barbara Barron Tieger (1998). *The Art of Speed Reading People*, Little Brown & Co.
- Paula, Horan (1990). *Empowerment Through Reiki*.
- Pestonjee, D.M. (1999). *Stress and Coping the Indian Experience*, Third Edition, New Delhi, Sage Publication.
- Priscilla, Donovan & Jacquelyn, Wonder (1994). *The For Ever Mind. Eight Ways to Unleash the Powers of Your Mature Mind*, William Morrow and Company, Inc.
- Rahe, R.H., Meyer, M., Smith, M., Kjaerg G. & Holmes, T.H. (1964). "Social Stress and Illness Onset", *Journal of Psychosomatic Research*, 8:35-44.
- Rahe, R.H. (1968). "Life Change Measurement as a Predictor of Illness" in *Proceedings of the Royal Society of Medicine*, 61:1124-1126.
- Rahe, R.H. & Ranson, R.J. (1978). "Life Change and Illness Studies : Past History and Future Directions", *Journal of Human Stress*, 4:3-15.

- Ray, H. Rosenman & Margaret A. Chesney (1982). "Stress, Type A Behaviour and Coronary Disease" in Leo Goldberger and Shlomo Breznitz (eds.), *Handbook of Stress, Theoretical and Clinical Aspects*, New York, Free Press.
- Reichlin, S. (1979). "An Overview of the Anatomical and Physiological Basis of Anterior - Pituitary Regulation" in G. Tolis, F. Labire, J. Marlin, S.N. Naftolin (eds.), *Clinical Neuroendocrinology*, New York, Raven.
- Renee Baron & Elizabeth Wageli (1994). *The Enneagram Made Easy*, Harper San Francisco, A Division of Harper Collins Publishers.
- Richard, F. Thompson (1973). *Foundations of Physiological Psychology*, Harper & Row Publishers.
- Richard Earle, & David Imrie, with Rick Archbold (1989). *'Your Vitality Quotient' The clinically proven program that can reduce your body age - and increase your zest for life*, Londan, Macmillan.
- Robert, J. Gatchel & Kenneth P. Price (1978). *Clinical Applications of Biofeedback, Appraisal and Status*, New York, Pergaman Press.
- Robert, M. Liebert & Michael Spiegler (1978). *Personality - Strategies and Issues*, Third Edition.
- Robert, S. Feldman (1989). *Adjustment, Applying Psychology in a Complex World*.
- Roskies, E. & Lazarus, R.S. (1980). "Coping Theory and the Teaching of Coping Skills" in P.O. Davidson & S.M. Davidson (eds.), *Behavioural Medicine : Changing Health Life Styles*, New York, Burner/Mazel.
- Rudolf, H. Moos (1997). "Assessing Approach and Avoidance Coping Skills and Their Determinants and Outcomes", *Ind. J. Clin. Psychol.* Vol. No. 24, 1:58-64.
- Ryle, G. (1949). *Concept of the Mind*, London, Hutchinson.
- Sahasi, G. (1991). "Comparative Study of Progressive Relaxation in the Management of Anxiety Neurosis", *Indian J. Psychiat.* 33(1):27-32.
- Sargunaraj, D. (1991). "EMG Biofeedback II : The Dose Response Relationship", *Ind. J. Psychiat.* 33(1):20-26.

- Schoenberger, N.E., Kinsch, I., (1997). "Hypnotic Enhancement of a Cognitive Behavioural Treatment for Public Speaking Anxiety", *Behaviour Therapy*, 28(1): 127-140.
- Selye, H. (1966). *The Stress of Life*, New York, McGraw-Hill.
- Shaeffer, J. (1967). "Mind-Body Problems" in P. Edwards (ed.), *The Encyclopedia of Philosophy*, New York, MacMillan.
- Shiv, Gautam & Preet Kamal (1990). "A Study of Impact of Stressful Life-Events in Neurotic Patients", *Indian J. Psychiat*, 32(4):356-361.
- Sri Aurobindo (1970). 'The Synthesis of Yoga', Pondicherry, Sri Aurobindo Ashram.
- Sri Aurobindo Ashram Trust (1979). *Health and Healing in Yoga, Slections from the writings and talks of the Mother*, Pondicherry, Sri Aurobindo Ashram
- Stein, M., Keller, S. & Schleifer, S. (1981). "The Hypothalamus and the Immune Response" in H. Weiner, M. Hofer, & A. Stunkard (eds.), *Brain, Behaviour and Bodily Disease*, New York: Raven.
- Stein, M., Schiavi, R. & Camerino, M. (1976). "Influence of Brain and Behaviour on the Immune System", *Science*, 191:435-440.
- Stephen, R. Covey & A. Roger Merrill Rebella R. Merrill (1994). *First Things First*, Simon & Schuster (Pub.).
- Susan, Joy & Krishna Prasad Sreedhar (1998). "Effect of Guided Somato-Psychic Relaxation on Essential Hypertension", *Ind. J. Clin. Psychol.* Vo. No. 25, 1:66-76.
- Swami, Gaurishankar Saraswat & Swami Satyadharma Saraswati (1984). *Teachings of Swami Satyananda Saraswati. Bihar School of Yoga*, Bihar, Munger.
- Swami, Shankardevananda Saraswati (1984). *Yoga on Hypertension*, Bihar, Bihar School of Yoga, Munger.
- Swami, Satyananda Saraswati (1984). *Yoga and Cardiovascular Management*, Bihar, Bihar School of Yoga, Munger.
- Swami, Satyananda Saraswati (1984). *Yoga Nidra*, Bihar, Bihar School of Yoga, Munger.

- Swami, Chinmayananda (1992). *Discourse on Isavasya Upanisad*, Central Chinmaya Mission Trust.
- Swami, Jitatmananda (1992). *Modern Physics and Vedanta*, Bombay, Bharatiya Vidya Bhavan.
- Swami, Vishnu Devanda (1995). *Meditation and Mantras*, Delhi, OM Lotus Publishing Company.
- Tache, J. & Selye, H. (1978). "On Stress and Coping Mechanisms" in C.D. Spielberger & I.G. Sarason (eds.), *Stress and Anxiety*, Washington, D.C.: Hemisphere, Vol. 5.
- Thomas, A. Harris (1969). *I'm OK - You're OK*, Arrow Books Limited.
- Tulpule, T.H. & Tulpule A.T. (1980). "Yoga a Method of Relaxation for Rehabilitation After Myocardial Infraction", *Indian Heart Journal*, Vol. 32, No. 1.
- K.N. Udupa (1985). *Stress and Its Management by Yoga*. Delhi, Motilal Banarsi Dass.
- Vernon, Hamilton and David M. Warburton (1979). *Human Stress and Cognition, An Information Processing Approach*.
- Vihang, N. Vahia, et.al., (1993). "Efficacy of Meditation in Generalized Anxiety Disorder", *Ind. J. Psychiat.* 35(2):87-91.
- Wallace, R.K. and Benson, H. (1972). "The Physiology of Meditation", *Scientific*, Vol. 2, 226.
- Waterman, D., B. Tandy, & E. Peper (1978). *Relaxation : A Bibliography*, Denver : Biofeedback Society of America.
- Wicks, G. (1997). "A Case of Persistent Cough Successfully treated using hypnosis and ego state therapy", *Australlian Journal of Clinical & Experimental Hypnosis*, 25(2):162-166.