

DAFTAR PUSTAKA

- Wilkinson, Greg. 2002. "*Seri Kesehatan Bimbingan Dokter pada Stres*". Jakarta : Dian Rakyat.
- Wangsa, Teguh G.H.W. (2010). "*Menghadapi Stres dan Depresi*". Jakarta : Oryza.
- Santrock, John W. 2007. "*Remaja*". Jakarta : Erlangga.
- Hanurawan, Dr. Fattah. 2010. "*Psikologi Sosial*". Bandung : PT. Remaja Rosdakarya Offset.
- Dr. Herbert Benson, *The Relaxation Responses*, Avon Books.
- Buku : *A Guide to Stress Relief*, Sara Rose.
- Palmer, S. and Dryden, W. (1995). *Counselling for Stress Problems*. London: Sage.
- Artikel "Understanding Stress – Signs, Symptoms, Causes, and Effects". November 2010. Melinda Smith, M.A., Ellen Jaffe–Gill, dan Jeanne Segal, Ph.D. (http://www.helpguide.org/mental/stress_signs.html)
- Artikel "Understanding and Dealing With Stress". Oleh Organisasi Mountain State Centers for Independent Living. (<http://www.mtstcil.org/skills/stress-intro.html>)
- Artikel Mayo Clinic " Stress : Constant Stress Puts Your Health At Risk". 2010, 11 September. Oleh Mayo Foundation for Medical Education and Research. (website : www.mayoclinic.com)
- Stewart NJ, McMullen LM, Rubin LD. "Movement therapy with depressed inpatients: a randomized multiple single case design." 1994. *Psychiatric Nursing*. (website : www.healthyplace.com)
- Artikel Media Indonesia, Judul "Sehat dengan Terapi Menari". 2009, Kamis 18 Juni. Penulis : Ikarowina Tarigan.
- Website Arsitektur : www.archdaily.com (studi kasus)
- [http://library.usu.ac.id/download/fk/132316815\(1\).pdf](http://library.usu.ac.id/download/fk/132316815(1).pdf)
- http://www.hipnoterapicenter.com/utama.htm/?page_id=42