Welcome to Volume 4 of the International Journal of Stress Prevention and Wellbeing. This publication is an international peer reviewed journal. We cordially invite academic contributions from researchers and health practitioners that focus upon aspects of the research, theory and practice of stress prevention, stress psychophysiology, stress management, health and wellbeing.

The editors can provide initial guidance as to whether or not a particular topic is suitable for the journal. Email us the title and abstract and we will endeavor to respond within 7 working days. We are also interested in hearing from experts in the field who are considering editing a special issue on a stress related topic.

We publish conference reports, keynotes and book reviews. However, do check with us first regarding the possible submission of conference reports and book reviews. We will consider publishing a research thesis if adapted to our journal.

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