

1. Record Nr.	UNINA9910454243203321
Autore	Thomas Sandra P
Titolo	Transforming nurses' stress and anger [[electronic resource]] : steps toward healing / / Sandra P. Thomas
Pubbl/distr/stampa	New York, : Springer, c2009
ISBN	1-281-96429-8 9786611964290 0-8261-2543-3
Edizione	[3rd ed.]
Descrizione fisica	1 online resource (294 p.)
Disciplina	610.7306/99
Soggetti	Anger in the workplace Nurses - Job stress - United States Nurses - Mental health - United States Nursing - United States - Psychological aspects Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 247-271) and index.
Nota di contenuto	Contents; Preface; Introduction; Part I: Uncovering the Layers of Nurses' Stress and Anger; Part II: Connecting With Others; Part III: Healing Ourselves; Part IV: Claiming Our Power and Using It; Epilogue; References; Index
Sommario/riassunto	AJN Book of the Year Award Winner! (Second Edition). ""This book is a gem! It provides a wealth of well researched information to help the reader understand sources of stress .It tackles very important issues that lead to burnout and provides an exceptionally comprehensive analysis .This book is illuminating for clinicians."" Afaf Meleis, PhD, DrPS(hon), FAAN. Dean of Nursing, University of Pennsylvania School of Nursing. This inspiring, award-winning title guides nurses to transform work-related stress and anger into strength and resilience. The profession has witnessed increasing workplace