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Sommario/riassunto

"Stressed!" - "No time!" - "I don't know where my head is!" Stress is familiar to almost everyone, and many suffer the negative consequences of constant stress. So what to do? This book shows a variety of possible courses of action and encourages you to find your

own way to a calm and healthy way of dealing with stress at work and in everyday life. It is written for stress sufferers for self-help and as comprehensible accompanying reading for stress management courses or in the context of a consultation, for personnel managers and executives in business and administration, for consultants and therapists who support stressed clients, and for everyone who wants to further develop their personal stress competence. From the contents: Instrumental stress competence: making everyday life less stressful, actively meeting demands - Mental stress competence: developing beneficial attitudes and evaluations - Regenerative stress competence: creating balance, relaxing and recovering - With checklists, exercises and numerous tips. The author: Prof. Dr. Gert Kaluza is a psychological psychotherapist and works as a trainer, coach and author in the field of individual and workplace health promotion. After working at various universities for over 20 years, he founded his own continuing education and training institute, the GKM Institute for Health Psychology, in 2002.
