

1. Record Nr.	UNINA9910461285303321
Autore	Bamber Martin R.
Titolo	Overcoming your workplace stress : a CBT-based self-help guide / / Martin R. Bamber
Pubbl/distr/stampa	Hove, East Sussex : , : Routledge, , 2011
ISBN	1-283-46065-3 9786613460653 1-136-70561-9 0-203-81422-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource (257 p.)
Disciplina	158.7/2
Soggetti	Stress (Psychology) Job stress Stress management Cognitive therapy 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 and index.
Nota di contenuto	Part I: Understanding occupational stress1. Occupational stress and its consequences; 2. Identifying the causes of your occupational stress; Part II: Interventions for occupational stress; 3. Primary level interventions aimed at improving your work environment; 4. Living a healthy life style; 5. Developing effective time management skills; 6. Developing assertiveness skills; 7. Developing effective interpersonal skills; 8. Developing relaxation skills; 9. Changing the way you relate to your work; 10. Overcoming stress syndromes; Part III: Pulling it all together; 11. Developing a self-help plan
Sommario/riassunto	Occupational stress affects millions of people every year and is not only costly to the individual - in terms of their mental and physical health - but also results in major costs for organisations due to workplace absence and loss of productivity. This Cognitive Behaviour Therapy (CBT) based self-help guide will equip the user with the necessary tools and techniques to manage work related stress more effectively. Divided into three parts, this book will help you to: understand occupational

2. Record Nr.	UNINA9910711927803321
Autore	Rabbitt Mary C.
Titolo	The United States Geological Survey, 1879-1989 // by Mary C. Rabbitt
Pubbl/distr/stampa	[Reston, Virginia] : , : Department of the Interior, U.S. Geological Survey, , 1989 [Washington, D.C.] : , : United States Government Printing Office, , 1989
Descrizione fisica	1 online resource (v, 52 pages) : illustrations
Collana	U.S. Geological Survey circular ; ; 1050
Soggetti	Geological surveys - United States - History Geological surveys History United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from title screen (viewed June 22, 2018) "A history of the relation of geology during the first 110 years of the U. S. Geological Survey to the development of public-land, Federal-science, and mapping policies and the development of mineral resources in the United States."
Nota di bibliografia	Includes bibliographical references (pages 51-52).