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Titolo	Mayday! [[electronic resource] ] : asking for help in times of need // M. Nora Klaver
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ISBN	1-282-30021-0 9786612300219 1-57675-527-4
Edizione	[1st ed.]
Descrizione fisica	1 online resource (233 p.)
Collana	BK Life
Disciplina	155.9/2
Soggetti	Help-seeking behavior
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. 199-200) and index.
Nota di contenuto	Introduction: Getting ready -- Why we don't ask -- Why we don't ask/really -- Why we should ask -- Anchoring yourself -- The mayday! process -- Step 1: name the need -- Step 2: give yourself a break -- Step 3: take a leap -- Step 4: ask! -- Step 5: be grateful -- Step 6: listen differently -- Step 7: say thanks -- Conclusion: Mayday, may day.
Sommario/riassunto	There are 11.9 million single parents, and each year 50 million adults act as caregivers for chronically ill, disabled, or aged family members. Moreover, a significant percentage of today's 56 million knowledge workers (in the US alone) are overworked and need help. This guide can appeal to these people.