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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