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Nota di contenuto	Foreword; Contents; Introduction. Reaching Out . . . Without Being Pulled Down: Remaining Passionate in the Fields of Medicine, Nursing, and Allied Health-A Guide to Personal and Professional Well-Being; Chapter 1. Tacking On Dangerous Psychological Waters: Appreciating the Factors Involved in Chronic and Acute Secondary Stress; Chapter 2. "Riding the Dragon": Enhancing Self-Knowledge and Self-Talk in the Health Care Professional Chapter 3. Drawing from the Well of Wisdom: Three Core Spiritual Approaches to Maintaining Perspective and Strengthening the Inner Life

of the Physician, Nurse, and Allied Health Professional Chapter 4. The Simple Care of a Hopeful Heart: Developing a Personally Designed Self-Care Protocol; Epilogue. Passionate Journeys: Returning to the Wonders of Medicine, Nursing, and Allied Health; Bibliography; Index

Sommario/riassunto

Suitable for physicians, nurses, and allied health professionals, this book helps them understand acute and chronic secondary stress, develop a personally designed self-care protocol, and strengthen one's inner life. It also features a "Medical-Nursing Professional Secondary Stress Self-Awareness Questionnaire" that can be self-administered.
