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Autore	Gmelch Walter H (Walter Howard), <1947->
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Descrizione fisica	1 online resource (x, 85 pages) : illustrations
Collana	Survival skills for scholars
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Nota di contenuto	Cover; Contents; Acknowledgments; Preface; Chapter 1 - Check Your Stress Level; Chapter 2 - Identify Your Stress Traps; Chapter 3 - Use the Power of Perception; Chapter 4 - Balance Your Personal and Professional Pressures; References; Additional Resources; About the Author
Sommario/riassunto	This useful book outlines the chief forms and major causes of academic stress. Practical advice shows how to distinguish negative from positive stress and how to deal with negative stressors in life and at work. The book includes exercises to help the academic understand how stress affects him or her, as well as forms to help design programmes for coping with stress.