

1. Record Nr.	UNINA9910465515103321
Autore	McEwen Kathryn
Titolo	Building resilience at work [[electronic resource] /] / Kathryn McEwen
Pubbl/distr/stampa	Bowen Hills, Qld., : Australian Academic Press, 2011
ISBN	1-921513-84-5
Descrizione fisica	1 online resource (149 p.)
Disciplina	158.1
Soggetti	Resilience (Personality trait) Self-actualization (Psychology) Work - Psychological aspects 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.
Nota di contenuto	Exploring resilience: Understanding the journey; Reframing problems: Developing the right mindset; Embracing life: More on mental toughness; Investing in self-care: Getting the body right; Rejuvenating the body: More on physical endurance; Channelling emotional energy: Achieving emotional balance; Creating positivity: More on emotional resilience; Achieving purpose and meaning: Getting the soul right; Living in balance: More on getting the soul right; Sustaining resilience: Continuing on the journey; Endnotes
Sommario/riassunto	Our resilience, or capacity to bounce back and even thrive in pressured times, is critical in workplaces today. With higher workloads, declining resources and frequent change, together with the hectic pace of personal lives, resilience is almost a key to survival. Resilient people are more optimistic, adaptable and independent. They are also better at solving problems and have sound levels of self-control. Based on sound psychological theory, Building Resilience at Work is a practical and easy-to-read book providing a proven path to self-help in developing personal resilience.

2. Record Nr.	UNISA996386732803316
Autore	Babington Gervase <1550-1610.>
Titolo	Comfortable notes vpon the booke of Exodus and Leuiticus, as before vpon Genesis [[electronic resource]] : Gathered and laid downe still in this plaine manner, for the good of them that cannot vse better helpes, and yet are carefull to read the Scriptures, and verie desirous to finde the comfort in them. By the Reuerend Father in God Geruase Babington ... With a table of the principall matters contained in this booke
Pubbl/distr/stampa	At London, : Printed [by H. Lownes and T. Purfoot] for Thomas Chard, Anno Dom. 1604
Descrizione fisica	[20], 428, 427-446, 445-466, [2]; [12], 223, [1] p., folded table
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes indexes. "Comfortable notes vpon the booke of Leuiticus, as before vpon Genesis" has separate dated title page, pagination and register. Printers' names from STC; Purfoot printed part 2. Reproduction of the original in the Henry E. Huntington Library and Art Gallery.
Sommario/riassunto	eebo-0113