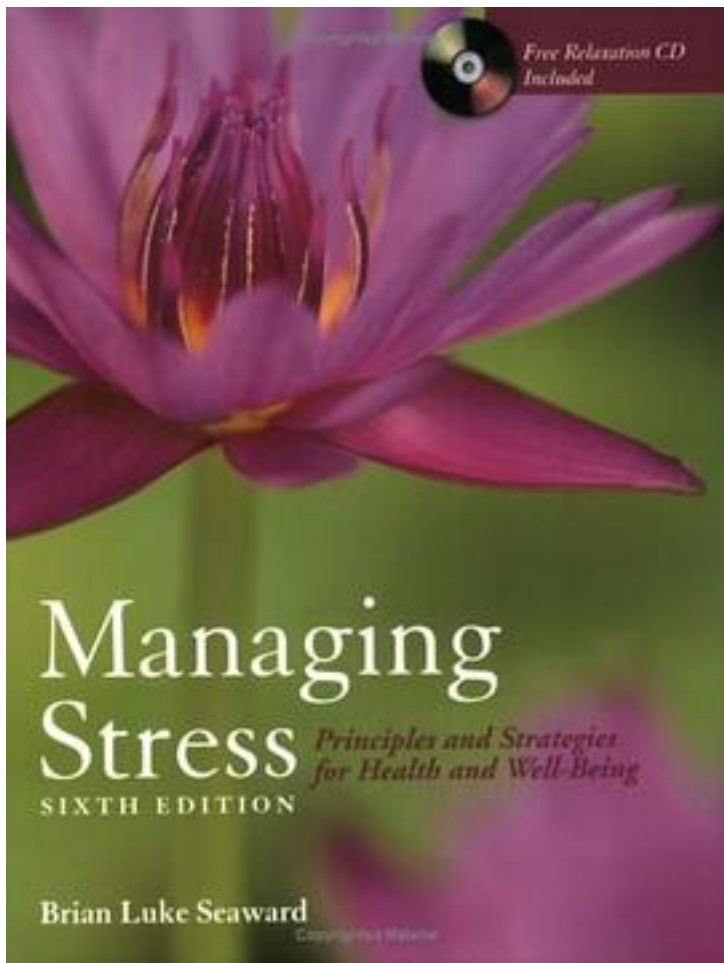


Managing Stress



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Recognizing
 Stress
 The sourcesi¼ the effectsi¼ the
 war~ng signals
~ and the
 benefits of coping
 Stress is inescapablei¼ reaching
into your
work environmenti¼ social affairs and home lifei¼ and even
intruding on your

sleep. Stress-related problems have become an ever-increasing complaint among people who work from those on an assembly line to top-level executives and the American Academy of Family Physicians estimates that symptoms linked to stress account for about two thirds of all visits to family physicians. Many people think of stress only as a negative force sapping their energy and decision-making abilities decreasing their productivity and making them more susceptible to illness. Yet researchers have shown that stress also has a positive side and that in fact some stress is necessary for functioning effectively and living a full life. Whether stress has a mostly positive or negative impact on you depends on how you perceive and respond to stressful situations. And recognizing stress and then coping with it successfully are processes that you can learn.

作者介绍:

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