



Gelassen und sicher im Stress: Das Stresskompetenz-Buch - Stress erkennen, verstehen, bewältigen (German Edition)

Gert Kaluza

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
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Stress kennt fast jeder, wird er zum Dauerstress, hat das negative Folgen. Der führende Experte für Stressmanagement klärt in dem Band über Ursachen und Wirkungen von Stress auf und zeigt Wege zur individuellen Stressbewältigung in Beruf und Alltag. Sein Drei-Säulen-Modell bietet drei Ansatzpunkte: instrumentelle Stresskompetenz für eine stressfreie Alltagsgestaltung, mentale Stresskompetenz, um förderliche Einstellungen zu entwickeln, und regenerative Stresskompetenz, um für Entspannung zu sorgen. Mit Checklisten, Übungen und zahlreichen Tipps.

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