



Stress Survival Skills for The New Normal : Tough Tactics for Tough Times (Paperback)

By Dan Matzke Dr, PhD, Dr Dan Matzke Phd

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.STRESS SURVIVAL SKILLS For The New Normal Tough Tactics For Tough Times Powerful How To Tips Techniques For Stress Management Stress Relief Over the past several years major changes in the world economy have impacted the finances of business and individuals in countless ways. resulting in a reduction in the standard of living - which has come to be referred to as the new normal. These changes have placed a high level of stress on society and individuals. The following information offers some practical insights and ideas which can be useful for surviving these demanding times. This book explores powerful tips and techniques for successfully dealing with tough times and stressful situations. These fundamental pointers can make the difference between success and failure - giving one an edge to survive and thrive - and to prevent (and/or recover from) burnout. Table of Contents Preface Introduction - Definition of Terms Keys to Survival Success - Managing Demands Stress: Be Selective - Say Yes to Yourself Take Action on Demands - Don t Stew, Do!!! Take Care...

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