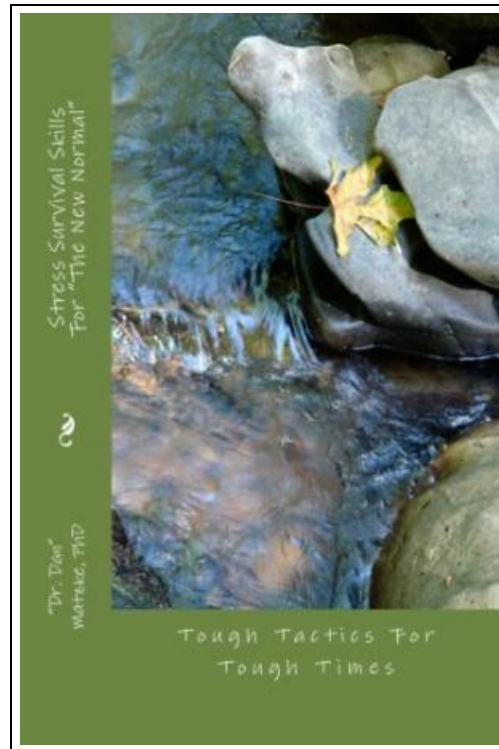


Stress Survival Skills for The New Normal : Tough Tactics for Tough Times



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(Dr. Dallas Reinger IV)

STRESS SURVIVAL SKILLS FOR THE NEW NORMAL : TOUGH TACTICS FOR TOUGH TIMES



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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 of Yourself - There s Only One of You Take Time for Play - It s a Need, Not Just a Nicety Develop Stress Awareness - Insight Reduces Flight Develop Ways to Relax - Regroup to Recoup Develop Expectation Awareness - Evaluate and Update Concluding Comments - The Terrible Shoulds Addendum On Personal Effectiveness - Seven Powerful Pointers KeyWords: stress, stress management, stress relief, the new normal, burnout, self help, self improvement, personal growth, personal development, emotional intelligence, psychology.



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