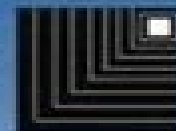
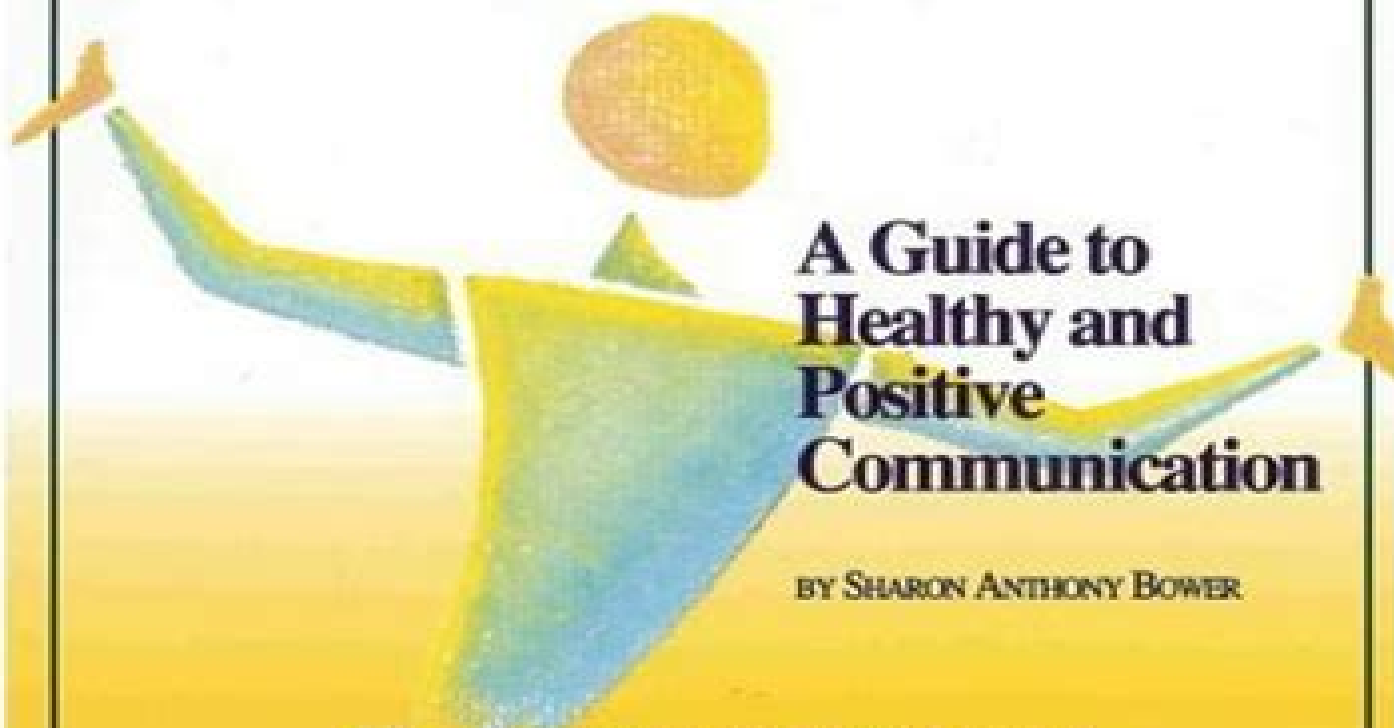


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**A Guide to
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Positive
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Lei Huang



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The Assertive Advantage Sharon Anthony Bower, 1994 **Real Solution Assertiveness Workbook** Richard H. Pfeiffer, 2005 Most people can be assertive in some situations and yet not be effectual in others This workbook aims to expand the number of situations in which a person can choose to be assertive Graduated exercises allow the reader to apply his or her newly acquired skills

De-Stress at Work Simon L. Dolan, 2023-03-17 Burn out excessive hours office politics handling complaints isolated remote working complex and inefficient processes this book addresses the full complexities of chronic stress at work It explains the potential for emotional and physical illness resulting from work and importantly presents ways in which occupational health and wellbeing can be enhanced through strengthening chronic stress diagnosis and promoting resilience The latter is a win win for the worker for the organization and for society in general Drawing on 40 years of research in collaboration with some of the best known occupational stress gurus including Cary Cooper Susan Jackson the late Ron Burke and Arie Shirom Simon L Dolan translates abstract concepts of chronic stress into practical guidance for enhancing resilience in a VUCA world The ILO and many governments recognize stress as a principal cause of emerging physical and mental disease and one of the strongest determinants of high absenteeism low morale and low productivity While important advances have been made in the diagnosis of acute stress the field of chronic stress in the workplace remains less clear This book seeks to address this by presenting a wealth of diagnostic tools including The Stress Map The text is brought to life for the reader by short vignettes in the form of anecdotes and stories This book will be of particular interest to HR professionals consultants executive coaches therapists and others who wish to help employees and clients better manage their own and others stress and to build resilience that leads to a more productive and healthier workforce

Tools for Teaching Comprehensive Human Sexuality Education Dominick Splendorio, Lori Reichel, 2014-03-14 A hands on resource filled with interactive activities to engage students thinking and skill development This book contains ready to use lesson plans referencing both the National Sexuality Education Standards and the National Health Education Standards and is arranged into chapters by the seven topic areas outlined in the National Sexuality Education Standards These include anatomy and physiology puberty and adolescent development identity pregnancy and reproduction sexually transmitted infections healthy relationships and personal safety These dynamic pick and choose lessons and activities have been field tested in classrooms and workshops by the authors who are recognized experts in this area Many of the lessons contain an opening activity to immediately engage students followed by student centered learning experiences such as case studies simulations real life scenarios self assessments journals and individual and group projects presentations Features lessons that incorporate the essential knowledge and skills to empower students to make healthy decisions related to their sexual health Includes performance indicators detailed what students should know and be able to do by the end of grades eight and twelve Offers supplementary web resources and assessment projects as well as Home School Connection

assignments to support family communication about sexuality

Treating Nonepileptic Seizures W. Curt LaFrance Jr., Jeffrey Peter Wincze, 2015-07-03 The primary aim of *Treating Nonepileptic Seizures Therapist Guide* is to equip physicians psychologists therapists nurses and other practitioners with a validated step by step treatment for psychogenic nonepileptic seizures NES that can improve the lives of patients with this disabling disorder Patients with NES frequently present in neurology psychiatry psychology and emergency departments The disorder has been documented in the medical literature for centuries and much is known about the phenomenology seizure characteristics psychiatric comorbidities neuropsychological testing and psychosocial aspects in NES However until recently much less was known about the effective treatments of patients with psychogenic NES This intervention provides guidance for clinicians in treating patients with NES and is designed to be used in conjunction with the patient workbook *Taking Control of Your Seizures Session by session the Workbook* facilitates communication between treatment providers and individual patients with seizures The authors clinical experience with epilepsy and NES and research in developing the treatment approach for seizures directly informed the treatment model described Many patients treated with the intervention have demonstrated improvements in seizures symptoms and quality of life

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Essential Communication Skills for Nursing Philippa Sully, Joan Dallas, 2005 This book focusses on the communication skills needed for the development of effective professional and therapeutic relationships It relates the theory of effective and ethical communication to the practice of nursing and provides a framework for developing communication skills to meet a variety of nursing situations Ed

Fundamentals of Nursing Care Marti A Burton, Linda J May Ludwig, 2014-10-10 Take a fresh new approach to nursing fundamentals that teaches students how to think learn and do while they make the connections each step of the way

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