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SUPERCUPLE

**How Overworked Couples
Can Beat Stress Together**

SYNDROME

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Supercouple Syndrome How Overworked Couples Can Beat Stress Together

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Supercouple Syndrome Wayne M. Sotile, Mary O. Sotile, 1998-03-25 This text examines the problems of today's high powered high pressured couples The authors provide a step by step guide for revitalising TINS marriages Two Income No Sex through their BEST model Beating Stress Together

Family Disintegration Anton Purcell, 2002 The contemporary family is being distracted disturbed and distraught by societal pressures from every direction The nuclear family concept believed crucial to child rearing is becoming passé according to census data Or has the wave of disruption to families crested It is hoped that this bibliography will serve as a useful tool to researchers seeking further information on families and the pressures being exerted upon them in the 21st century

Cardiac Rehabilitation Nanette K. Wenger, L. Kent Smith, Erika Sivarajan Froelicher, Patricia McCall Comoss, 1999-06-29 This detailed reference provides practical strategies and a scientific foundation for designing and implementing cardiac rehabilitation services to relieve the symptoms of cardiovascular disease patients through exercise training and risk reduction and secondary prevention improve quality of life and decrease mortality Emphasizes multidisciplinary care that includes exercise training behavioral interventions and education and counseling regarding lifestyle changes and other aspects of secondary prevention Written by world renowned physicians nurses exercise physiologists psychologists dietitians educators and counselors in the field Cardiac Rehabilitation presents evidence based medicine as the cornerstone of clinical cardiology practice discusses interventions that limit the physiological and psychological effects of cardiac illness offers guidelines that enable elderly patients to maintain self sufficiency and functional independence describes means of social and workplace reintegration evaluates policies for maintaining high quality care efficacy and safety in an atmosphere of diminishing resources explains the role of managed care in moving rehabilitative care into the home workplace and other nontraditional sites assesses new interactive technologies that aid in tracking patient data gives pragmatic recommendations for the delivery of cardiac rehabilitative care in the next millennium and more Advocating integrated high quality consistent cardiac rehabilitation services for the well being of patients recovering from a variety of cardiovascular problems and procedures Cardiac Rehabilitation is ideally suited for all medical professionals working in this field

Quill & Quire, 1998

The Rotarian, 1999-02 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine

Managing for Success, 1999

Letting Go of What's Holding You Back Wayne M. Sotile, Mary O. Sotile, 2007-10-01 This book takes readers through a programme of honest self evaluation practicing the coping skills used by happy healthy high performing individuals Readers take the same quizzes self assessments and exercises that the Sotiles present at their seminars

Women's Health Today 2000 Susan G. Berg, 2000 The latest strategies to help you Stay slim and trim Featuring seven easy quizzes that can change you life forever

Forthcoming Books Rose Arny, 1998-04 *Ladies who Lunge* Tara Brabazon, 2002 Ladies who Lunge Essays on Difficult Women dances through history with the unconventional woman Witty and refreshing the tone texture and feeling of the words on the page are as unconventional as the plucky women who punctuate the prose It is a tough determined moving frank and funny review of difficult women how they got there how we can understand their actions and how we can learn from them Cumulated Index to the Books , 1999 *American Book Publishing Record Cumulative 1998* R R Bowker Publishing, 1999-03 *The Ladies' Home Journal* , 1998-05 Words on Cassette, 2002 R R Bowker Publishing, 2002
The North Carolina Historical Review , 1999 *SOS Casamento* Seleções do Reader's Digest, SOS Casamento foi desenvolvido para ajudar os casais a lidarem com os desafios que o dia a dia a dois apresenta ap s a fase da paix o Um verdadeiro manual de mudan a de comportamento e mais do que isso de perspectiva este livro ir ajud lo a resolver problemas como discuss es frequentes expectativas n o correspondidas perda da libido e ressentimentos e voltar a ver o seu parceiro pelas lentes do amor que os uniu **Books Out Loud** , 2004 Books in Print Supplement , 2002 *The British National Bibliography* Arthur James Wells, 1999 Para ti , 1999

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