

DEALING WITH STRESS



Stress For Success How To Make Stress On The Job Work For You

Dr. Douglas Kong



Stress For Success How To Make Stress On The Job Work For You:

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Dorothy Molyneaux,Vera W. Lane,1990 Here is a unique and well qualified approach to developing interpersonal skills for effective communication with professionals clients and families and students counseling team work problem solving time utilization and stress management **Legal Malpractice Report** ,1989 *Book Review Digest* ,1989 Excerpts from and citations to reviews of more than 8 000 books each year drawn from coverage of 109 publications *Book Review Digest* provides citations to and excerpts of reviews of current juvenile and adult fiction and nonfiction in the English language Reviews of the following types of books are excluded government publications textbooks and technical books in the sciences and law Reviews of books on science for the general reader however are included The reviews originate in a group of selected periodicals in the humanities social sciences and general science published in the United States Canada and Great Britain Publisher *Conquering Stress: Make It Fun!* Dr. Douglas Kong,2019-09-20 If you re in a quandary about which book to pick in the library or bookshop to read on Stress this slim volume by Dr Douglas Kong has to be your choice It begins with Stress sucks and ends with Make stress fun for yourself In between are chapters on neuroscience nutrition fitness social support and of course psychotherapy which is the forte of the author From his more than 40 years as a doctor psychiatrist and psychotherapist he enlivens this book with brief case studies of his vast experience If you read between the lines you will realise that his approach is person centred and he advises on diet food and exercise Although trained in psychodynamic psychotherapy Dr Kong is not dogmatic and advocates other techniques including cognitive behavioural therapy mindfulness practice and Jacobson s progressive muscle relaxation In short his approach in stress management is personal and integrative this is the psychotherapeutic zeitgeist of the 21st century Because the 21st century is also the Asian century in the next edition of *Conquering stress* the author may wish to include more references from research in Asia In understanding and coping with our stress we may want to heed the advice of the 6th century Chinese philosopher Lao Tzu Knowing others is wisdom knowing the self is enlightenment Kua Ee Heok Tan Geok Yin Professor of Psychiatry and Neuroscience Senior Consultant Psychiatrist Department of Psychological Medicine National University of Singapore **Stress Management** Hiriyappa B,2018-05-20 Stress Management helps identify the specific areas of stress in our lives familiar physical work related social and emotional The book takes a holistic view of finding and managing stress rather than looking only at the symptoms This is helping college and university students focus on finding and relieve stress from the body and mind A *Person Who Can Manage The Stress At Work Place In An Organization* B Hiriyappa,2013-08-25 A Person Who Can Know The

Stress A Person Who Can Know The Symptoms Of Stress A Person Who Can Face The Different Types Of Stress A Person Who Can Stress At Work Place A Person Who Can Manage Stress At Work Place A Person Who Can Know The Skills For Manage Stress Results From Stress Management **Mind Tools** James Manktelow,2005 Rehab Brief ,1984

The Enigmatic Realm of **Stress For Success How To Make Stress On The Job Work For You**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Stress For Success How To Make Stress On The Job Work For You** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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