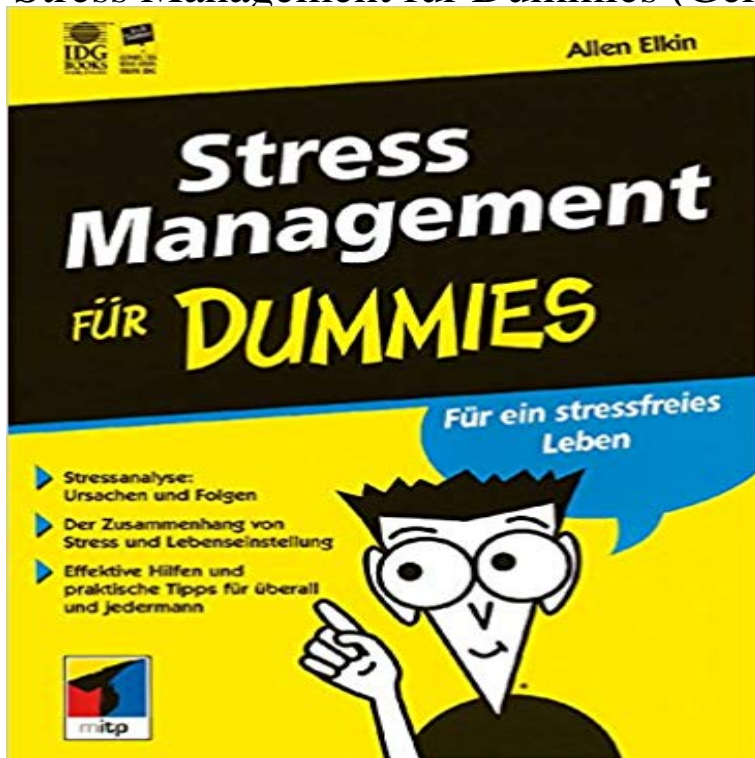


Stress Management für Dummies (German Edition)



Fühlen Sie sich dauernd im Stress? Können Sie kaum noch richtig abschalten? Und denken Sie, irgendwie muss man das doch in den Griff bekommen? Jeder Mensch hat ein individuelles Stressempfinden und braucht eine eigene Strategie, um Stress zu vermeiden oder zumindest mit ihm umzugehen. Doch dazu müssen Sie den Ursachen Ihres Stresses erst einmal auf den Grund gehen. Allen Elkin wird Sie dabei begleiten und zeigt Ihnen, wie Sie schon bei alltäglichen Dingen anfangen können, relaxter durch den Tag zu gehen - ohne dass Sie dafür viel von Ihrer kostbaren Zeit opfern. Schon ein wenig Humor kann große Taten vollbringen ... Sie erfahren: *

- * Wie Sie Ihr eigenes Stresslevel bestimmen
- * Wie Sie schon durch einfache Übungen entspannter werden
- * Wie Sie Ihren Stress abbauen können: richtiges Atmen, Meditationen und innere Ruhe
- * Wie Sie Stressmechanismen vermeiden
- * Wie Sie Ihre Sorgen und Ihre Wut auf ein realistisches Maß bringen
- * Wie Sie mit stressigen Menschen umgehen

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