



Das Anti-Stress-Konzept: Von großen Krisen bis zum Alltagsstress (German Edition)

Günter Niklewski, Rose Riecke-Niklewski

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Genug gestresst! Kennen Sie das Gefühl - Mir ist alles zu viel - ? Wenn wir zu viel Druck, zu viel Hektik verspüren, geraten wir in Stress, und der kann krank machen. Dagegen können Sie etwas tun: Entwickeln Sie Schritt für Schritt Ihr persönliches Anti-Stress-Konzept:

- Was sind meine persönlichen Stressauslöser?
 - Welche Teile meiner Persönlichkeit verstärken Stress und was kann ich dagegen tun?
 - Wie kann ich entschleunigen, Probleme anpacken, Zeit gewinnen und neue Ziele formulieren?
- Fragebögen und Selbstchecks helfen Ihnen, Ihre Stärken (wieder) zu entdecken.

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