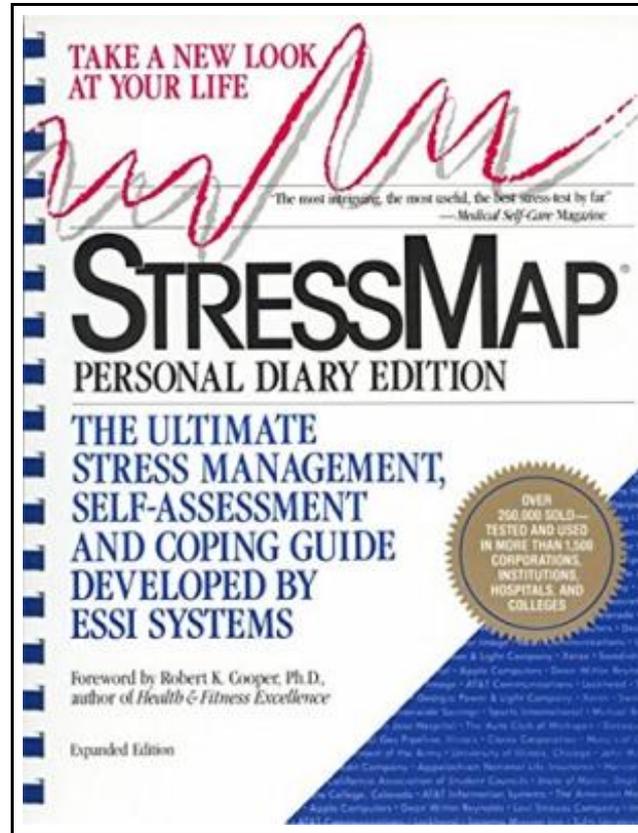


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STRESSMAP: PERSONAL DIARY EDITION



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Newmarket Press,U.S., United States, 1999. Paperback. Book Condition: New. Revised edition. 251 x 190 mm. Language: English . Brand New Book. You Can Map the Stress Currents in Your Life!The only stress measurement tool that integrates all major research medical, psychological, and interpersonal STRESSMAP gives you a revealing self-portrait of the state of your stress health. It helps you chart your personal strengths and weaknesses, discover which stressors work for you rather than against you, and learn new ways to cope and relax.It s so easy to use! First, you complete (in less than an hour, usually) the STRESSMAP Self-Scoring Questionnaire. Its 300 sometimes surprising questions pinpoint, in 21 key areas, stress factors in your environment, your coping responses, your inner world of thoughts, an you signals of distress.Then you translate your responses to the ingenious STRESSMAP Self-Scoring Grid, connect the dots, and get an instant snapshot of your strengths and weaknesses from burn-out to optimal performance.Finally, in the Interpretation and Action Planning section, you follow the directions and the more than 100 simply written, effective counseling tips to learn how to handle pressure. on the job and at home.In Esquire magazine, John Poppy advised: Use StressMap s sthree modules to rate how you think you re doing, graph your strong and weak points, and consider ways of shifting behavior if you want healthier patterns. Stress can ultimately be positive, says Esther Orioli. It s the essential ingredient in optimal performance and can be our strongest ally for leading stimulating, healthy, satisfying lives.



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