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Raw Coping Power: From Stress to Thriving

By Joel B Bennett PhD

Owls, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Raw Coping Power: From Stress to Thriving (in life and business) explores new ways to address the growing problem of stress in society and the workplace. It is both a practical guidebook and resource for anyone interested in mastering stress, including individuals, groups, workplaces, and those who serve them (such as coaches, counselors, trainers, and therapists). Each individual has an innate capacity to transform stress into an opportunity for thriving and flourishing. Stress is both a friend and teacher. We can tap into this truth through reminders, a certain vision, and practice of simple tools. And Raw Coping Power provides all of these with specific encouragement to use over 30 exercises in the tool section. The chapter on the 7 Principles first establishes a foundation of knowledge-with different maps borrowed from research. Each principle is discussed with examples, giving readers confidence that our mind-body system is designed to transform instead of succumb to stress. The next chapter translates research from 10 different areas of modern science including neuroplasticity, post-traumatic growth, resilience, social capital, and the author's own...



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