



O Stress está dentro de você (Portuguese Edition)

Marilda Novaes Lipp

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Que a vida moderna é estressante, não há nenhuma dúvida; a questão é por que algumas pessoas se estressam e outras não, vivendo as mesmas situações no trabalho, em casa, na escola, no dia-a-dia, enfim. Este livro explica como o pensamento e a forma de enxergar o mundo podem ser perigosas fontes de stress. Ensina os leitores a identificar essas fontes e a lidar com elas. Trata de conceitos gerais do stress, como o stress pode ser criado constantemente, como competir e produzir podem causar tensão, o stress infantil, o relacionamento conjugal estressante, os problemas com a família, como viver em harmonia.

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