



Risikofaktor Stress. So lernen Sie, richtig zu entspannen (German Edition)

Stefan Dannheiser, David Distelmann, Sabrina Lippert, Bettina Einhellig

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Fachbuch aus dem Jahr 2013 im Fachbereich Psychologie - Beratung, Therapie, , Sprache: Deutsch, Abstract: Ob Schule, Uni, Beruf oder Beziehung - Stress lauert überall. Jeder Mensch ist in seinem Leben Belastungen ausgesetzt, die ihn zumindest zeitweise überfordern und die er trotzdem bewältigen muss. Damit dies optimal gelingt, gibt es einige hilfreiche Entspannungstechniken.

In diesem Buch wird zunächst auf die Auswirkungen von Stress eingegangen, im Anschluss werden Entspannungstechniken vorgestellt.

Aus dem Inhalt: Stressmodelle, Stressreaktionen, Progressive Muskelentspannung, Yoga, Feldenkrais-Methode

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