



Stress in Turbulent Times

By Weinberg, Ashley

Palgrave Macmillan, UK. Hardcover. Book Condition: New. Dust Jacket Condition: No Dust Jacket. First Edition. Available Now. Book Description: Is it possible to measure the human spirit? Whether we could or should, at some point would we have to recognize that what we seek is magical in some way? Or would we come to learn that the qualities of true grit and positive thinking, or the ability to smile in the face of seemingly insurmountable odds, are those upon which any of us can call in turbulent times? The continuity of human existence means we do not go empty handed into the darker hours, for the attributes of courage and perseverance lie ready in our emotional armory. Times which echo to the sound of crashing financial markets are here, and while their resonance is both deafening and frightening, history tells us that such storms will seem like turbulence when viewed in retrospect. Our quest is how to survive them to be able to take such a privileged view. Collectively the human spirit has so far proved equal to the task and this book seeks to chart the psychological sources of challenge and inspiration for individuals, families and organizations. : Stress...



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