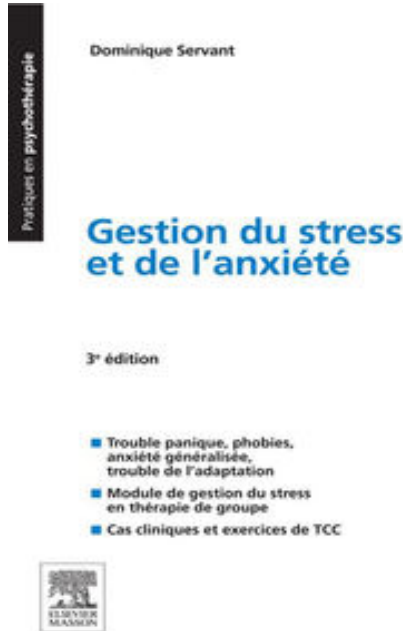


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Lire des ebooks Gestion du stress et de l'anxiété Dominique Servant PDF, ePub, mobi, La gestion du stress et de l'anxiété reste aujourd'hui en plein essor dans le monde de la santé et de la psychologie et intéresse aussi de plus en plus le monde de l'entreprise, l'éducation, le développement personnel.

Cette troisième édition rend compte des avancées importantes effectuées dans la prise en charge de ces troubles (médicaments, psychothérapies). Centré sur l'approche TCC, l'ouvrage bénéficie des dernières recherches sur les traits de personnalité et les émotions, en lien étroit avec le stress et l'anxiété. Cette édition propose de nouveaux exercices de relaxation et un module de thérapie de groupe de gestion du stress et de l'anxiété.

Indispensable aux praticiens confrontés sans cesse à des patients anxieux et stressés, cet ouvrage est également utile au patient qui y trouvera des informations pratiques.

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