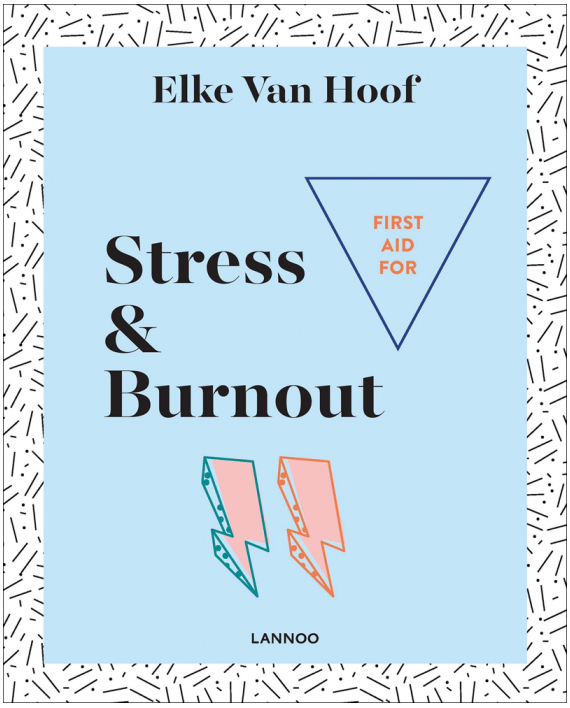
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First Aid for Stress & Burnout

Elke Van Hoof

ISBN	9789401448048
Publisher	Lannoo Publishers
Binding	Paperback / softback
Territory	World excluding Belgium, The Netherlands, France, Switzerland & Scandinavia
Size	210 mm x 170 mm
Pages	128 Pages
Illustrations	20 color
Price	£14.95

- This book will help you recognise negative stress in a timely manner and reduce its effects to a minimum
- Stress is good. Indeed, you read that correctly. In fact, stress is necessary. Stress will push you out of your comfort zone and help you become a better version of yourself

“The key to success is to recognise stress as an alarm signal that teaches you to reflect on what is going wrong and what to do about it. Easy? Absolutely not. Feasible? Definitely! – Elke Van Hoof We all need a healthy amount of stress in our lives in order to achieve things and grow. However, stress also has negative effects. Long-term exposure to stress makes people ill. And the worst part is, most of us never see it coming. Even if you are already dealing with a burnout, this book may give you more insight into what happened to you and put you on the road to recovery. In this book, the author summarises in an accessible manner what we know about stress today and encourages you to get started yourself with self-tests, exercises and concrete tips. This book will help you recognise negative stress in a timely manner and reduce its effects to a minimum.

Prof. Dr. Elke Van Hoof is a clinical psychologist specialising in stress, burnout and return to work. She is an associate professor and teaches medical and health psychology at Vrije Universiteit Brussel. She is also the founder of 'Huis voor Veerkracht', the centre of expertise for stress, burnout, resilience and return-to-work and a much sought-after expert in the media. Elke supported numerous companies in identifying an integrated wellbeing policy where stress can serve as an internal compass rather than a toxic threat.

Published 25th Jun 2018