



Wenn Die Arbeit Krank Macht: Ursache Und Pravention (Paperback)

By Martina Brunnert

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: German . Brand New Book ***** Print on Demand *****.Wir arbeiten, um zu leben oder leben Sie, um zu arbeiten? Naja, jeder, wie er will. Auf jeden Fall sollte die Arbeit, die wir verrichten, Spass machen und Freude bereiten. Am Ende des Tages sollten wir mit einem guten Gefühl auf unser Tageswerk zuruckblicken und unseren verdienten Feierabend geniessen können. Es gibt allerdings immer wieder Hindernisse und widrige Umstande wie Mobbing, Burn-out und andere unschöne Begleiterscheinungen, die uns das Arbeitsleben schwer machen. Denn wenn irgendetwas am Arbeitsplatz oder bei der Arbeit nicht mehr rund läuft, dann kann uns das krankmachen. In diesem Ratgeber erfahren Sie wie Sie gesund bleiben und Beeintrachtigungen erkennen, damit Sie einen schonen Arbeitstag haben und Sie gesund durchs Arbeitsleben kommen. Aus dem Inhalt Mobbing Was ist Mobbing? Wer sind die Tater? Wer sind die Opfer? Was kann man gegen Mobbing machen Tipps zum Selbstschutz, Pravention und Rechtliche Schritte Burn-out - Was ist das? Mogliche Ursachen fur ein Burn-out-Syndrom. Was passiert mit Ihrem Korper und mit Ihrer Seele bei Burn-out. Typische Symptome und wertvolle Tipps, was Sie gegen Burn-out tun können. Stress am Arbeitsplatz Tipps zur Stressbewaltigung....



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