

(Library ebook) Paths to Health and Resilience: Manage Stress and Build Coping

# Paths to Health and Resilience: Manage Stress and Build Coping

*Richard H. Rahe*

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RICHARD H. RAHE, M.D.

PATHS  
TO  
HEALTH  
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RESILIENCE



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#4765808 in Books 2009-11-06Original language:EnglishPDF # 1 10.00 x .25 x 7.001, .46 #File Name:  
1439249059110 pages | File size: 47.Mb

**Richard H. Rahe : Paths to Health and Resilience: Manage Stress and Build Coping** before purchasing it in order to gage whether or not it would be worth my time, and all praised Paths to Health and Resilience: Manage Stress and Build Coping:

Dr. Richard Rahe, a psychiatrist with extensive experience working with returning prisoners-of-war from Vietnam and a former member of the UN Special Task Force for Bosnian war crime victims, is exceptionally qualified as a stress reduction and coping expert. His informative book, Paths to Health and Resilience, is a boon for all adults wishing to

minimize their levels of stress, learn to cope more effectively with those anxieties from events both past and present, and take charge of their overall well-being, thus maximizing the possibilities for a healthier and more resilient future. By identifying our primary stress indicators and understanding our coping ?how we respond to stress and the support systems we have established to help us during difficult times?we can finally assess not only the relationship between our personal levels of stress and coping, but learn the steps that take us onto that path toward improved health and well-being.

About the AuthorRichard H. Rahe, M.D. is a graduate of Princeton University and the University of Washington School of Medicine. With his specialties in Internal Medicine and Psychiatry, the author worked with returning prisoners-of-war from Vietnam and served as a member of the United Nations Special Task Force for Bosnian war crime victims. Completing a twenty-year Navy career, he went on to become a Research Professor of Psychiatry at the University of Nevada/Reno School of Medicine. Following University retirement, the author joined Veterans Affairs to medically treat service men and women returning from Afghanistan and Iran who struggle with combat stress. Dr. Rahe is a past president of the American Psychosomatic Society and a recipient of the Hans Selye Research Award, bestowed by the American Institute of Stress.