



# **E-Mail-Flut statt Büffeljagd: Das Anti-Stress-Buch für Vielbeschäftigte (Whitebooks) (German Edition)**

*Lars Baus*

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Während unsere Vorfahren als Jäger und Sammler wilden Tieren nachjagten, werden wir von eingehenden E-Mails und Telefonaten gejagt. Durch den heutigen chronischen Dauerstress und brutalen Leistungsdruck hängt unsere Gesundheit oftmals am seidenen Faden.

In Zahlen: Stressbedingte Fehlzeiten sind seit 1995 um 80 Prozent gestiegen. Das ist alarmierend! Es reicht heute bei weitem nicht mehr, "die Ärmel hochzukrempeln" und sich "durchzubeißen". Statt dessen ist Umdenken und eine ganzheitliche Herangehensweise gefragt.

Was Sie konkret tun können, um dem Stress effektiv zu begegnen, wie Sie Ihre Stressresistenz verbessern und Ihre Ressourcen besser nutzen können, das zeigt Ihnen dieses Buch. Die besten Strategien, Methoden und Prozesse aus den Disziplinen Stressbewältigung, Work-Life-Balance und modernem Zeit- und Selbstmanagement helfen Ihnen dabei, den eigenen Stress zu erkennen, zu verstehen, und gezielt abzubauen.

Die schöne Ausstattung des Buches mit zahlreichen Natur-Fotografien des Autors sorgen für ein entspanntes Lesevergnügen.

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