

GHID PENTRU O VIAȚĂ RAȚIONALĂ

Albert Ellis și Robert A. Harper

Albert Ellis
Robert A. Harper

GHID PENTRU O VIAȚĂ RAȚIONALĂ



Bestseller

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Ghid Viata Rationala

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Ghid Viata Rationala :

Ghid pentru o viață rațională Albert Ellis, 2011 **Ghidul bărbatului modern** Dr. Cate Howell, Alex Barnard, 2022-10-03

Prea mulți bărbați suferă în zilele noastre nu tocmai de probleme emoționale iar rata sinuciderilor numărul lor a ajuns să fie destul de ridicat Acest lucru este dovada faptului că bărbații pot fi afectați de stresul cotidian de volumul de muncă prea mare de anxietate și depresie de pierderea încrederii sau a identității de eșecul relațiilor sentimentale sau de destrămarea familiei de dependențe și traume în aceiași măsuri care sunt afectate și femeile în trecut acestea nu erau și își exprimă gândurile și trăirile interioare din cauza sentimentului de rușine care era cultivat de societatea în care trăiau încet încet însă bărbații încep să se schimbe Ei redefinesc acum ceea ce înseamnă să fii puternic și sunt mai deschiși spre a-și alege și a-și exprima emoțiile dar și spre a căuta ajutor Ghidul bărbatului modern explorează majoritatea problemelor care afectează sănătatea emoțională echilibrul și starea de bine a bărbaților și oferă o serie de instrumente testate cu succes pentru a-i ajuta să devină mai rezistenți și pentru a preveni apariția problemelor de sănătate

Ghidul personalității alfa Pera Novacovici, ALFA NSEAMN AUTORITATE I STABILITATE NCREDERE I IUBIRE A căm pus mâna pe carte am pus mâna pe greu și la salmi am impus mie rigori și scopuri și am muncit pentru ele de mi-au sărit capacele Pentru că eram singur Tu nu ești singur pentru că citești aceste rânduri Tu ești parte din comunitatea ALFA Din acest trib cu peste 100 000 de capete Aici nu e nimeni lângă tine Aici contezi TRIBUL ni s-a dublat în ultimul an și poate vrei să începi cu începutul Viața e de multe ori o luptă deși am vrea să fie doar iubire pace și bucurie E ok noi toți suntem la bază ni te luptăm Ne ciocotește și nege și visăm să cucerim munii și statut social pe noi înșine sau să ne decorăm centurile cu scalpuri Doar că lupta noastră este cu societatea cu noi înșine Cu lucrurile care ne înăpăoi care ne fac să fim niște ratați Genele noastre sunt cele care au supraviețuit de-a lungul a milioane de ani de evoluție toți cei slabi au murit și cei puternici și adaptabili și au înmulțit și genele lor și au propagat până la tine AI GENE DE NVINGTOR ești un războinic educat și nu vada asta Nu te deranjează Un ALFA întinde mâna și ia nu așteaptă aprobare Un alfa adevărat poate face ce vrea el și este iubit pentru asta Un ALFA poate alerga un maraton năsoț cu sandale dacă vrea Nu e săntos și nu fii aliniat cu normele sociale DAR POI ȘTEPI I PE ELE Sun cumva greșit și vulgar și deplasat Dar e adevărat Cu aceste lucruri nu gândeam scris ghidul comunității alfa ghidul alfa care scoate animalul din tine luptătorul campionul liderul Dacă îți ntrebi care este scopul meu cu această carte acesta este și schimbă mentalitatea Dacă îți vei schimba mentalitatea atitudinea ta se va schimba Dacă atitudinea ta se va schimba comportamentul tău se va schimba Dacă îți comportamentul tău se va schimba rezultatele tale se vor schimba Dacă rezultatele tale se vor schimba tu îți vei schimba și odată cu tine întreaga lume care te înconjoară se va schimba după puterea exemplului tău Fiecare capitol începe cu atitudinea și mentalitatea pentru că ele sunt cheia pentru că viața ta să se transforme în ceva extraordinar o viață în care tot ce îți dorești și visezi devine realitate palpabil Tu poți avea succes dacă nu mai lași teama să te tragă în spate dacă accepți că viața e o luptă nedreaptă pe care o poți câștiga Știi că se poate dacă depui efort și dacă ai o strategie

Tezaur de greșeli Carmen Neagu née Eni, 2022-10-27 Ghidul compilează o serie de tehnici și intervenții

validate tiin ific pentru s n tatea psiho emional a dasc lilor Mai multe detalii despre publica ie g si i aici <https://carmen-neagu.ro> 2022 07 25 tezaur de greseli ghid de supravietuire pentru profesori

Ghidul superfemeii Dr. Jaime Kulaga, Lucrarea de debut a dr Jaime Kulaga este un ghid practic i optimist pentru g sirea echilibrului i a mplinirii Este conceput cu mult profesionalism pentru a ajuta femeile ocupate s r m n concentrate asupra obiectivelor lor dar resim ind mai pu in stres A a cum explic dr Kulaga echilibrul n via nu nseamn s nve i cum s jonglezi cu mai multe sarcini deodat ci s te concentrezi asupra lucrurilor cu adev rat importante Patricia Spadaro autoarea c r ii Honor Yourself The Inner Art of Giving and Receiving Kulaga ese firul mai multor concepte cre nd astfel un spa iu de inspira ie ncurajare i sfaturi realiste pentru femeile care nu i au f cut o prioritate din ele nsele Ghidul superfemeii mbin relatarea unor exemple indezirabile cu scenarii optimiste i realizabile pentru o via echilibrat Av nd informa ii i exerci ii practice relevante lucrarea i arat cum s te eliberezi de sarcinile care trebuie ndeplinite pentru a tr i o via mplinit O recomand cu ncredere Paula Renaye autoarea c r ii Living the Life You Love The No Nonsense Guide to Total Transformation Din aceast carte vei afla cum s identifici rolurile principale ale vie ii tale i s le prioritizezi nve i s spui nu i s ai grij de tine f r a te sim i vinovat stabile ti scopuri inteligente s ceri ajutor i s iei decizii importante reinterpretezi trecutul pentru a i fi de folos n prezent

Inteligena emoională Nicolae Sfetcu, Inteligen a emoional este un set de abilit i pentru r spunsurile la evenimente care constituie emo ii Prin integrarea inteligen ei cu emo ia se pot determina cel pu in unele r spunsuri corecte n ceea ce prive te sentimentele pentru a distinge indivizii n func ie de inteligen a emoional ntr un context cultural dat n prezent organiza iile trebuie s fac fa pe l ng o concuren sporit i unei dezvolt ri i inova ii tehnologice exponen iale i unor procese de schimbare care afecteaz toate st rile emo ionale ale angaja ilor Toate aceste provoc ri mpreun cu schimb rile impuse i complexitatea sarcinilor organiza ionale i manageriale implic noi exigen e emo ionale i ac iuni mai eficiente la nivel corporativ inclusiv prin gestionarea emo iilor n cele mai multe circumstan e Astfel emo iile reprezint resurse valoroase pentru inova ie i valoare ad ugat ntr un proces economic Inteligen a emoional a fost un subiect important i controversat n ultimele decenii Inteligen a emoional este cheia pentru sim ire g ndire nv are rezolvarea problemelor i luarea deciziilor Oricine se poate sup ra asta este u or Dar s fii sup rat pe persoana potrivit ntr un grad potrivit la momentul potrivit n scopul potrivit i n modul corect acest lucru nu este u or

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NLP pentru carieră și viața personală Ian McDermott, Wendy Jago , Cuprinz tor practic i u or de citit acest ghid v pune la
dispozi ie multe informa ii pentru a v ajuta s ajunge i propriul coach prin intermediul program rii neurolingvistice V arat cum
s folosi i revolu ionarele tehnici NLP ca s ave i realiz ri profesionale deosebite i s cunoa te i mplinirea n via a personal Ve i
reu i printre altele s fi i ncrez tor n for ele proprii s v face i rela ii bune s ave i o carier fulminant i s fi i mereu bine at t fizic c
t i emo ional Ve i nv a s folosi i principiile NLP n orice situa ie de via Scris de Ian McDermott care a adus mpreun coaching ul
i NLP ul i de Wendy Jago renumit coach prin NLP acest ghid o s v ajute s v clarifica i scopurile i n genere s v stabili i priorit
ile NLP ul i coaching ul sunt dou tehnici centrate pe rezultate care se pot plia oric nd pe scopurile i nevoile dumneavoastr Ele
pornesc de la premisa c ave i poten ialul necesar pentru a mplini ceea ce dori i i v ajut s nu renun a i la cele propuse Cartea
de fa v nva s fi i coach pentru dumneavoastr n iv Evident c dac ve i implementa principiile descrise de autori ve i reu i s face i
coaching prin NLP i cu ceilal i De asemenea ve i ti s identifica i problemele cu care v confrunta i n mod repetat i s ac iona i
asupra lor Ve i descoperi lucruri noi despre propria persoan ve i constata c sunte i mai puternic dec t credeai i ve i izbuti s
dep i i ceea ce considera i a fi limitele dumneavoastr *Cărturari brașoveni* Biblioteca Municipală Brașov,1972 **Simon
Thorn și groapa cu șerpi** Aimee Carter,2018-12-11 P n de cur nd Simon Thorn habar n avea c exist oameni care se pot
transforma n animale i cu at t mai pu in c este el nsu i animaform Nici c are un frate geam n un bunic malefic pe nume Orion
care vrea s ia n st p nire lumea animaformilor i o mam care s a str duit ntotdeauna s i dejoace planurile P n de cur nd via a f r
cel care l a crescut p rea de ne nchipuit Elev la academia secret a animaformilor Simon este nconjurat de prieteni dar
moartea unchiului Darryl i r pirea mamei sale c zute din nou n m inile lui Orion l fac s se simt mai singur ca niciodat C nd g
se te o carte po tal trimis de ea tocmai din Arizona din regatul reptilelor Simon tie c trebuie s plece ne nt rziat n c utarea ei Al
turi de prietenii lui porne te ntr o misiune plin de primejdii f r s tie ns c de curajul i iscusin a lui at rn nu numai via a mamei ci
n treaga lume a animaformilor Simon Thorn seam n foarte bine cu Harry Potter iar cititorii vor fi cu siguran nc nta i Booklist
Online Plin de neprev zut i de r sturn ri spectaculoase de situa ie Simon Thorn i groapa cu erpi se ridic f r doar i poate la n l
imea primului volum Kirkus Reviews **Emotii date pe fata** Paul Ekman,2022 Vre i s afla i prin ce difer un z mbet fericit
de un sur s for at Dori i s ti i ce sentimente ascunde copilul partenerul sau eful dumneavoastr Dup decenii de cercet ri ale
emo iilor i expresiilor faciale Paul Ekman i a sintetizat rezultatele n aceast carte care combin excelent informa iile tiin ifice cu
sugestiile practice Psihologul american explic originea i modurile de manifestare ale principalelor emo ii umane furie dezgust
triste e bucurie fric surpriz i ofer instrumente utile pentru mai buna comunicare n familie i la serviciu Cartea include
fotografii a zeci de chipuri ce acoper bogatul evantai al afectivit ii umane Emo iile ne salveaz via a dar pot s o i distrug Ne

mping s ac ion m aparent rezonabil dar i n moduri pe care ajungem s le regret m Scopul meu este acela de a i ajuta pe cititori s i n eleag i s i mbun t easc via a emo ional M uime te c p n foarte de cur nd oamenii de tiin precum i nespeciali tii au tiut foarte pu ine lucruri despre emo ii de i ele joac un rol esen ial n via a fiec ruia Paul Ekman Oricine va citi cartea Emo ii date pe fa va deveni mai inteligent n privin a vie ii sale afective Ave i aici ghidul perfect vi se ofer o hart fermec toare echilibrat i bine chibzuit a universului emo iilor umane Daniel Goleman Paul Ekman este profesor de psihologie la University of California Medical School n San Francisco i specialist n problema expresiei emo iilor i a minciunii autor a numeroase c r i pe aceste teme **Era socialistă** ,1988 Biblioteca ,2003 **Studia Universitatis Babeş-Bolyai** ,1977 *Revista Română de Ştiinţă Politică* ,2002 **Revista de cercetări sociale** ,1996 **Bibliografia naţională a României** ,2002 **Bibliografia naţională română** ,2002 Analele ştiinţifice ale Universităţii "Al. I. Cuza" din Iaşi ,1964 **Analele ştiinţifice** Universitatea "Al. I. Cuza" din Iaşi,1965 **Alimentaţia raţională pentru o viaţă sănătoasă** Constantin Milică,2017

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