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# Choices

COPING  
CREATIVELY  
WITH  
PERSONAL  
CHANGE

Frederic Flach, MD

*Foreword by* STANLEY KRIPPNER, PhD

# Choices Coping Creatively With Personal Change

**Frederic F. Flach**



## **Choices Coping Creatively With Personal Change:**

**Choices: Coping Creatively with Personal Change** Frederic F. Flach, 1977 **Choices** Frederic Flach, MD, KCHS, 2009-01-27 It is resilience that gives us the power to be genuinely free and to decide throughout our lives who and what we are what we hope to do and become and what moral considerations will shape our choices Dr Frederic Flach M D Create Strength from Stress We have all had times in our lives where it all seems to fall apart and we find the need to redefine ourselves our goals our ambitions in the face of new challenges Many view these experiences as negative it is easy to see why they are often painful times Yet falling apart as Dr Frederic Flach argues in his classic book Choices is very important because it gives us the opportunity to put ourselves back together in a new and creative way Choices address the topic of stress but more importantly the way in which stress provides the basis for our growth as individuals There is no doubt that at some point in our lives each of us will feel stressed perhaps because of a specific event or perhaps in an ongoing way simply due to our lifestyle Adapting to this stress seeking new ways to manage it and cope with it without merely ignoring it is often the sign of a healthy individual There is a unique kind of stress however that makes us change which forces us to bend and renew ourselves or break under its pressure It is this stress which Dr Flach argues is vital to maturity and is integral to growth Whether it is the stress of finding a job after college of middle age of the end of a marriage or relationship it is the opportunity to grow and is in fact the very cause of our growth Choices emphasizes that it is important to deal with the stress of life not to put it off not to suppress it or stifle it because only through dealing with this stress and adapting to it can you truly progress While avoiding it or running away from it can seem easier there can be long term consequences for you or the ones you love Choices offers insight and wisdom into how stress affects our lives physically and psychologically and provides useful information for finding inspiration in these stressful situations inspiration to change and inspiration to grow In addition Dr Flach presents the strategies and solutions that he employed as a psychiatrist to help people deal with stress in an extremely accessible and relevant way The process of falling apart allows us the opportunity to put our lives back together and make new better choices Getting through this process however can be extremely challenging Choices offers guidance and insight into dealing with stress and is a valuable addition to any collection **Choices** Frederic F. Flach, 1977

**Professional Burnout in Medicine and the Helping Professions** D. T. Wessells Jr., Austin Kutscher, Irene B. Seeland, Florence E. Selder, Daniel J. Cherico, Elizabeth J. Clark, 2013-10-31 Physicians and other helping professionals have created a practical hands on book that will aid in the identification and reduction of job stress Nurses physicians thanatologists and psychotherapists are among the growing number of health care professionals whose physical and mental health are being severely affected by work stress This unique volume achieves what no earlier book has attempted for this specialized professional group It offers a thorough understanding of professional burnout elaborating how burnout develops and offering a model with which to identify job stressors Professional Burnout in Medicine and the Helping

Professions also offers an in depth exploration of stress and burnout issues from the perspectives of specific medical and helping profession disciplines physicians nurses social workers psychotherapists teachers consultants agency and hospital workers funeral directors and more Experts in these fields examine the values ethics and morality of individuals health care organizations and society that may lead to burnout This in depth and highly practical volume identifies the stages of disillusionment and offers successful intervention strategies for recognizing the signs and reducing or efficiently managing causative factors

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**Spring Annual Conference and World Productivity Congress** American Institute of Industrial Engineers. Spring Conference, 1981     The Christian Woman's Search for Self-Esteem W. Peter Blitchington, 1983-09

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