



The Sweet Spot

By Ian Robertson

Bloomsbury UK Jun 2016, 2016. Taschenbuch. Book Condition: Neu. 235x154x24 mm. Neuware - Why is it that some people react to seemingly trivial emotional upset - like failing an unimportant exam - with distress, while others power through life-changing tragedies showing barely any emotional upset whatsoever How do some people shine brilliantly at public speaking when others stumble with their words and seem on the verge of an anxiety attack Why do some people sink into all-consuming depression when life has dealt them a poor hand, while in others it merely increases their resilience The difference between too much pressure and too little can result in either debilitating stress or enduring demotivation in extreme situations. However, the right level of challenge and stress can help people to flourish and achieve more than they ever thought possible. In The Stress Test, clinical psychologist and cognitive neuroscientist Professor Ian Robertson, armed with over four decades of research, reveals how we can shape our brain's response to pressure and answers the question: can stress ever be a good thing The Stress Test is a revelatory study of how and why we react to pressure in the way we do, with real practical benefit...



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