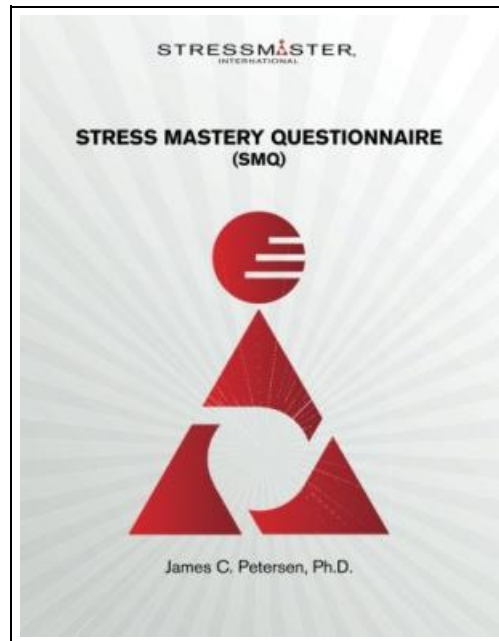


Stress Mastery Questionnaire (Paperback)



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Reviews

The most effective book i ever read through. It can be rally fascinating through looking at time period. Your lifestyle span will be enhance when you complete looking over this publication.
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STRESS MASTERY QUESTIONNAIRE (PAPERBACK)



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Stressmaster, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.THE STRESS MASTERY QUESTIONNAIRE (SMQ) The Stress Mastery Questionnaire (SMQ) was created by Dr. James Petersen, an internationally recognized psychologists and stress mastery expert, through careful research using standard psychometric techniques. The SMQ was created in Dr. Peteren s Biofeedback and Stress Management Clinic to help his clients gain a better understanding of how stress was affecting them at a physical and emotional level. In 1980, Dr. Petersen and his team conducted a validation study of the SMQ funded by the National Institute of Occupational Safety and Health. The result of this research is the Stress Mastery Questionnaire which is one of the few valid and reliable stress self-assessment and educational tools available. The name of the original assessment was the Stress Management Questionnaire (SMQ) but was recently changed to the Stress Mastery Questionnaire. This reflects the philosophy that stress can be mastered with a solid stress assessment couples with expert counseling, coaching or training The SMQ is essentially a personal stress assessment tool that provides each person who takes it with precise information about thier stress and how stress may be affecting them at this time. A total of 11 stress scales provides key formation in three main domains: STRESS WARNING SIGN, STRESS EFFECTS and STRESSORS. The SMQ can be used as a personal self-improvement program or as part of a broader stress management training or coaching program. The SMQ has been in use since 1980 with over 600,000 individuals and hundreds of companies benefiting from its use by trainers, stress coaches, EAP programs, management consultants and mental health professionals worldwide, including Citicorp/Banamex (Mexico), JPMorgan, Nationwide Insurance, Speedway, LLC, KPMG, Federal Reserve Bank of SF, State of Arizona and many more. HOW IS THE...



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