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HardiTraining: Managing Stressful Change, 4th Edition By Deborah M. Khoshaba & Salvatore R. Maddi Paperback, 294 Pages

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HardiTraining: Managing Stressful Change (4th Edition) by Deborah M. Khoshaba, The Marketing Partners (Illustrator), Maddi [Editor], Salvatore R. Maddi, Hardiness Institute Paperback, 276 Pages, Published 2005: ISBN-10: 0-9759384-0-1 / 0975938401 ISBN-13: 978-0-9759384-0-9 / 9780975938409

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61,18 € 1 neu ab61,18 €. HardiTraining: Managing Stressful Change is an award-winning lifestyle program that teaches you how to turn the problems in your life into opportunities of learning, growth, and new living directions. The program includes five areas of living (coping, social support, and three areas of self-care) that are vital to your performance, health, and leadership.

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The HardiTraining® program was developed out of a hardiness-validated research model of stress management and performance, leadership, and health strengthening. The courses that make up the program emphasize hardiness-based attitudes and skills that can be taught to individuals or groups.

### **What We Do: The HardiTraining® Program | Hardiness Institute**

Hardiness education is a comprehensive approach to managing stressful circumstances (Maddi et al., 1998, Khoshaba and Maddi, 2008). Operationally, the hardiness educational intervention was a 5-week course of 1-hour hardiness instruction each week (Khoshaba and Maddi, 2008). 4.

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