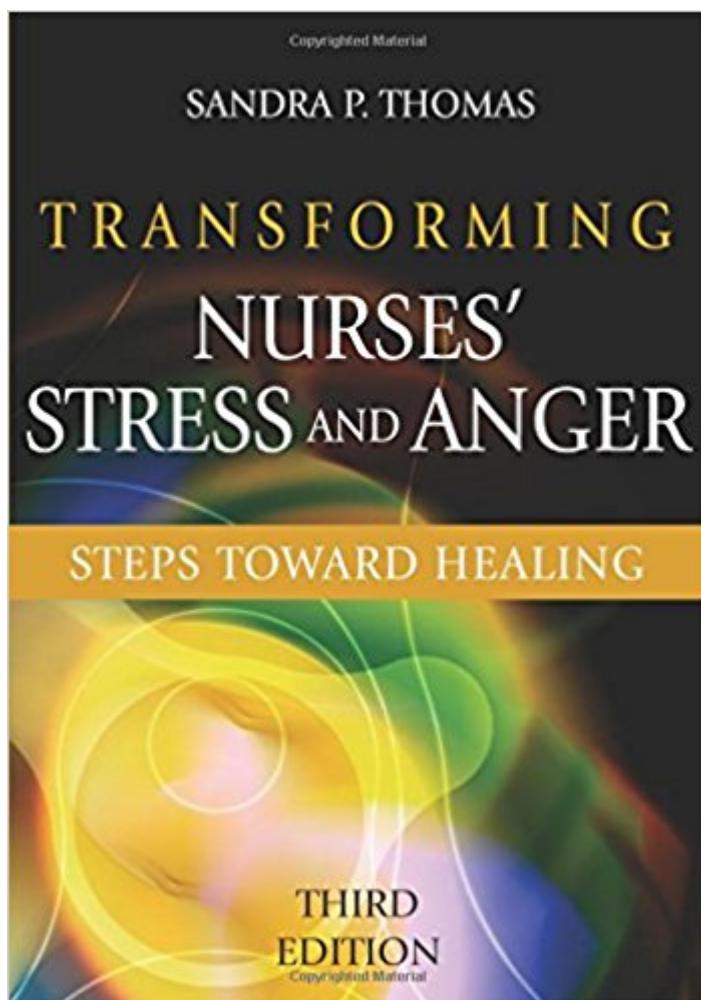


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# Transforming Nurses' Stress And Anger: Steps Toward Healing, Third Edition



## Synopsis

AJN Book of the Year Award Winner! (Second Edition) This book is a gem! It provides a wealth of well researched information to help the reader understand sources of stress. It tackles very important issues that lead to burnout and provides an exceptionally comprehensive analysis. This book is illuminating for clinicians. Afaf Meleis, PhD, DrPS(hon), FAAN Dean of Nursing, University of Pennsylvania School of Nursing This inspiring, award-winning title guides nurses to transform work-related stress and anger into strength and resilience. The profession has witnessed increasing workplace violence, conflicts with colleagues, and poor working conditions. In this book, Thomas demonstrates how anger can actually be a catalyst for personal and professional empowerment. In this new edition, Thomas discusses the causes and consequences of nurses' stress and anger, and presents new strategies to prevent and manage both, even under the worst conditions. She demonstrates how to forge stronger relationships with colleagues and patients, and solve work-related problems head-on. As a nursing educator, therapist, practitioner, and practicing RN, Thomas provides personal accounts of her own experiences as a nurse, struggling to meet the many challenges of the job. Key Features: Thoroughly updated with new research data and case studies Offers step-by-step guidelines on working towards remediation and healing Organized with bulleted lists and boxes highlighting key points Guidance on pursuing career movement, both vertical and horizontal Useful for nurses, hospital administrators, managers, and graduate students

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## Customer Reviews

"Ã¢â€ž|provides concrete direction for today's practicing nurse to deal with stress and negative emotions in the workplace. A welcome combination of scholarly text and practical suggestions for help, it functions like a wise, older friend offering needed advice in everyday professional lifeÃ¢â€ž|it makes an important contribution to assist in the inner healing of nurses and healthier work settings."-The Journal of Continuing Education in Nursing, March/April 2006 (Vol. 37, No. 2)

--This text refers to an out of print or unavailable edition of this title.

"AJN Book of the Year Award Winner! (Second Edition) ""This book is a gem! It provides a wealth of well researched information to help the reader understand sources of stress?.It tackles very important issues that lead to burnout and provides an exceptionally comprehensive analysis?.This book is illuminating for clinicians. "" Afaf Meleis, PhD, DrPS(hon), FAAN Dean of Nursing, University of Pennsylvania School of Nursing This inspiring, award-winning title guides nurses to transform work-related stress and anger into strength and resilience. The profession has witnessed increasing workplace violence, conflicts with colleagues, and poor working conditions. In this book, Thomas demonstrates how anger can actually be a catalyst for personal and professional empowerment. In this new edition, Thomas discusses the causes and consequences of nurses' stress and anger, and presents new strategies to prevent and manage both, even under the worst conditions. She demonstrates how to forge stronger relationships with colleagues and patients, and solve work-related problems head-on. As a nursing educator, therapist, practitioner, and practicing RN, Thomas provides personal accounts of her own experiences as a nurse, struggling to meet the many challenges of the job. Key Features: Thoroughly updated with new research data and case studies Offers step-by-step guidelines on working towards remediation and healing Organized with bulleted lists and boxes highlighting key points Guidance on pursuing career movement, both vertical and horizontal Useful for nurses, hospital administrators, managers, and graduate students "

Most research based books read like a textbook: a little dry, good info, difficult to finish. This one is unique in that it caught my attention and held it all the way through. I've been an RN for 17 years in multiple settings and situations. The stress and anger addressed in this book is not overstated at all. It's a huge problem in every place I've worked. Without a mentor and through great personal struggle I've found many of the coping mechanisms in this book to work for me over the years. My entry to nursing practice was accompanied by a year of depression and anxiety to the point that I could barely function and nearly left nursing behind. We need to do better for our new nurses, and

this book pushes us in that direction.

Sandra P. Thomas skillfully identifies the stressors facing nursing and peels away the layers of anger we are experiencing. This book is impressively researched with powerful content. There is a call to action for nurses to become "self-empowered" and to work together to improve our careers, profession, communities and healthcare. Dr. Thomas concludes with an optimistic vision for the future of nursing.

I had to purchase this for school. I would not have read it otherwise. It certainly was not reinventing the wheel. Book synopsis: Nursing is a stressful job. if you don't work to mitigate the stress you will eventually implode in a perverse and senseless way. Meditate, seek counseling, exercise, talk about it. Imploding is messy and embarrassing. You should avoid it. The end.

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