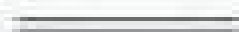


ONE NATION
UNDER STRESS



THE TROUBLE
with
STRESS AS AN IDEA



DANA BECKER

One Nation Under Stress The Trouble With Stress As An Idea

Ole Jacob Madsen



One Nation Under Stress The Trouble With Stress As An Idea:

One Nation Under Stress Dana Becker, 2013-02-11 Stress Everyone is talking about it suffering from it trying desperately to manage it now more than ever From 1970 to 1980 2 326 academic articles appeared with the word stress in the title In the decade between 2000 and 2010 that number jumped to 21 750 Has life become ten times more stressful or is it the stress concept itself that has grown exponentially over the past 40 years In *One Nation Under Stress* Dana Becker argues that our national infatuation with the therapeutic culture has created a middle class moral imperative to manage the tensions of daily life by turning inward ignoring the social and political realities that underlie those tensions Becker shows that although stress is often associated with conditions over which people have little control workplace policies unfavorable to family life increasing economic inequality war in the age of terrorism the stress concept focuses most of our attention on how individuals react to stress A proliferation of self help books and dire medical warnings about the negative effects of stress on our physical and emotional health all place the responsibility for alleviating stress though yoga deep breathing better diet etc squarely on the individual The stress concept has come of age in a period of tectonic social and political shifts Nevertheless we persist in the all American belief that we can meet these changes by re engineering ourselves rather than tackling the root causes of stress Examining both research and popular representations of stress in cultural terms Becker traces the evolution of the social uses of the stress concept as it has been transformed into an all purpose vehicle for defining expressing and containing middle class anxieties about upheavals in American society

De aandacht verloren Johann Hari, 2022-02-15 Ons concentratievermogen neemt af In de VS kunnen tieners zich nog maar negentien seconden lang op een taak focussen kantoormedewerkers drie minuten Bestsellerauteur Johann Hari sprak vooraanstaande wetenschappers en experts en ontdekte dat alles wat we over dit onderwerp dachten te weten niet klopt Hij vertelt hoe we als individuen n als maatschappij onze focus terug kunnen krijgen mits we ervoor willen vechten Alleen door de aandachts crisis op te lossen stelt Hari kunnen we de focus vinden om een betere samenleving op te bouwen Over *De aandacht verloren* Hari schrijft als een droom Hij is een verhalenverteller maar ook een onvermoeibare onderzoeker Lees dit boek en red je geest Susan Cain Johann Hari beschrijft op unieke wijze de grote gevaren van de informatietechnologie waar de mensheid mee wordt geconfronteerd en waarschuwt ons hoe we onszelf onze kinderen en onze democratie n kunnen beschermen Hilary Clinton Geweldig een prachtig doorwrochte en beargumenteerde verkenning van de teloorgang van het vermogen van de mens om te focussen verteld met het tempo enthousiasme en de energie van een heel erg goede thriller Stephen Fry Over *Verbinding verbroken* Hari stelt de grote vragen en geeft grote antwoorden antwoorden die veel te lang genegeerd zijn Je kunt de grote vloek van deze tijd niet doorgronden zonder dit boek The Guardian Een gedurfde oproep voor een totale herevaluatie van wat de westerse epidemie van depressies veroorzaakt The Sunday Times

Mijn tijdperk van de angst Scott Stossel, 2014-05-15 Dertig jaar geleden bestond de diagnose angst niet Tegenwoordig wordt geschat dat het de meest voorkomende psychische

aandoening is Gebaseerd op zijn eigen ervaring en zijn enorme historische en medische kennis van de ziekte biedt Stossel een even onthullend als helder betoog Het boek begint bij de eerste medische beschrijvingen van angst in de oudheid en leidt via de latere verhandelingen van Robert Burton en S ren Kierkegaard naar de grote negentiende eeuwse wetenschappers die de oorzaken gingen onderzoeken Maar het vertelt ook de verhalen van beroemdheden die eraan geleden hebben zoals Charles Darwin en Samuel Johnson Stossel geeft bovendien een uitgebreid overzicht van de manieren waarop angst door de tijden heen bestreden is door talloze vormen van psychotherapie met medicijnen yoga en meditatie **Liberating**

Mindfulness Stearns, Gail J.,2022-05-18 Attempts to reclaim mindfulness from the commercial and corporate juggernaut it has become and to demonstrate its usefulness in spiritual including Christian life *McMindfulness* Ronald

Purser,2019-07-09 A lively and razor sharp critique of mindfulness as it has been enthusiastically co opted by corporations public schools and the US military Mindfulness is now all the rage From celebrity endorsements to monks neuroscientists and meditation coaches rubbing shoulders with CEOs at the World Economic Forum in Davos it is clear that mindfulness has gone mainstream Some have even called it a revolution But what if instead of changing the world mindfulness has become a banal form of capitalist spirituality that mindlessly avoids social and political transformation reinforcing the neoliberal status quo In *McMindfulness* Ronald Purser debunks the so called mindfulness revolution exposing how corporations schools governments and the military have co opted it as technique for social control and self pacification A lively and razor sharp critique Purser busts the myths its salesmen rely on challenging the narrative that stress is self imposed and mindfulness is the cure all If we are to harness the truly revolutionary potential of mindfulness we have to cast off its neoliberal shackles liberating mindfulness for a collective awakening **Managing Stress** Brian Luke Seaward,2013-12-20 Study Guide

Questions References and Resources 4 Stress and Disease Theoretical Models The Borysenko Model The Pert Model The Lipton Model The Gerber Model The Pelletier Premodel Target Organs and Their Disorders Nervous System Related Disorders Immune System Related Disorders Summary Study Guide Questions References and Resources PART 2 The Mind and Soul 5 Toward a Psychology of Stress Freud and the Egg Jung and the Iceberg Elisabeth K bler Ross The Death of Unmet Expectations Viktor Frankl A Search for Life s Meaning Wayne Dyer Guilt and Worry **Optimizing the Self** Ole Jacob

Madsen,2015-06-19 This book provides an analysis of the social representations of leading self help genres including neurolinguistic programming cognitive self help therapy mindfulness self management self esteem self leadership and self control Exploring the globalised therapeutic culture of today the book argues that psychology as science is often abandoned to aid the individual pursuit for self realization and self optimization Opposing the view that self help culture is external to psychology Madsen argues that it is firmly embedded within psychology playing an important role in people s lives Each chapter traces and critically interprets a range of self help philosophies and techniques examining the claims of self help literature to represent the most innovative psychological medical or neurobiological research Discussing each genre in turn

chapters examine key research alongside self help literature to explore the effectiveness and impact of leading self help genres in various social contexts and environments The book offers a contemporary critical overview of issues concerning self help combining critical psychology with the theory of social representation to provide a broad perspective on self help as a valid psychology Optimizing the Self will be of interest to academics researchers and postgraduate students in the fields of social representation critical and cultural psychology and theory clinical psychology and the sociology of culture and science The book will also be of use to critical and cultural psychologists and theorists as well as clinical psychologists

Life Skills and Adolescent Mental Health Ole Jacob Madsen, 2023-05-24 Can school teach us to master life This book confronts what the author sees as an ongoing trend in many Western democracies where citizens are increasingly being held accountable for their health and happiness The author believes that the introduction of life skills in school shows a tendency to place more responsibility on the individual rather than address fundamental societal flaws that really should be solved politically It examines how such responsibility to psychologically deal with these problems affects our mental health and quality of life This book questions the fundamentals of the life mastery curriculum where we might be risking the creation of just another arena where children have to perform challenging readers to evaluate more closely the premises consequences and limitations of life mastery The book one of the first to question life mastery as an achievable goal with critical reviews of the 21st century skills movement will be of interest to psychologists school counsellors teachers students politicians and any reader evaluating school curriculums in relation to the decline in youth and adolescent mental health The Open Access version of this book available at <http://www.taylorfrancis.com> has been made available under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4.0 license

Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access Brian Luke Seaward, 2023-12-22 Managing Stress provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity

My Age of Anxiety Scott Stossel, 2014-01-16 THE NEW YORK TIMES BESTSELLER and SHORTLISTED FOR THE WELLCOME BOOK PRIZE 2015 As recently as thirty five years ago anxiety did not exist as a diagnostic category Today it is the most common form of officially classified mental illness Scott Stossel gracefully guides us across the terrain of an affliction that is pervasive yet too often misunderstood Drawing on his own long standing battle with anxiety Stossel presents an astonishing history at once intimate and authoritative of the efforts to understand the condition from medical cultural philosophical and experiential perspectives He ranges from the earliest medical reports of Galen and Hippocrates through later observations by Robert Burton and Søren Kierkegaard to the investigations by great nineteenth

century scientists such as Charles Darwin William James and Sigmund Freud as they began to explore its sources and causes to the latest research by neuroscientists and geneticists Stossel reports on famous individuals who struggled with anxiety as well as the afflicted generations of his own family His portrait of anxiety reveals not only the emotion s myriad manifestations and the anguish it produces but also the countless psychotherapies medications and other often outlandish treatments that have been developed to counteract it Stossel vividly depicts anxiety s human toll its crippling impact its devastating power to paralyse while at the same time exploring how those who suffer from it find ways to manage and control it My Age of Anxiety is learned and empathetic humorous and inspirational offering the reader great insight into the biological cultural and environmental factors that contribute to the affliction

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expression of the poet's reflective spirit and contains a simple prayer for his country the India of pre-independence times

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