



# PEAK PERFORMANCE UNDER PRESSURE

A New Approach and a Practical Program

Robert Kriegel, Ph.D., and  
Marilyn Harris Kriegel, Ph.D.

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# C Zone Peak Performance Under Pressure

**Robert J. Kriegel, Marilyn Harris Kriegel**



## **C Zone Peak Performance Under Pressure:**

The C Zone Robert J. Kriegel, Marilyn Harris Kriegel, 1984-01-01 Outlines a practical program of proven techniques designed to enhance talents and strengths to help performance in a high pressure environment and to help develop such key facets as confidence commitment and control      **C-zone Peak Performance Under Pressure Handbook** Tennessee. Department of Personnel, 1987

The C Zone Robert J. Kriegel, Marilyn Harris Kriegel, 1985 You re an achiever You re motivated ambitious and success oriented But you re also smart enough to know that if you push yourself too hard you ll increase your day to day anxiety and endanger your health The C Zone is for you      **Military Chaplains' Review** ,1984

*Personnel Literature* ,1984      *Sacred Cows Make the Best Burgers* Robert J. Kriegel, David Brandt, 2008-11-15 Sacred cows outdated and costly business practices such as the reports that are never read or a slow down of innovative ideas exist in every company Inspired by insights gained from more than 450 programs conducted with all types of organizations the authors of SACRED COWS MAKE THE BEST BURGERS show how corporations can kill off the sacred cows that are crippling them      *Country Bound!* Marilyn Ross, Tom Ross, 1997 Offers information and resources for remaking one s life in a rural setting      *Controlling Stress and Tension* Daniel A. Girdano, George S. Everly (Jr.), Dorothy Dusek, 1997 This text is

appropriate as a main text for Stress Management courses taught out of Health Education Psychology Nursing and Physical Education departments at four year schools This text is designed to translate scientific stress concepts into an understandable practical format It presents a holistic approach to health that stresses the relationship between mind body and emotion in stress management Written with students needs in mind the text helps students discover their problems through self assessment exercises      How to be a Christian and Still Enjoy Life Fritz Ridenour, 1988      Annual National Restaurant Association Restaurant, Hotel-motel Show National Restaurant Association (U.S.), 1993      **Adult AD/HD** Tom Whiteman, Michele Novotni, 2003 If you re one of the many adults with Attention Deficit Hyperactivity Disorder AD HD this book offers hope for dealing with its symptoms and getting your life back in control      *Healing Yourself* Sherry Kahn, Mileva Saulo, 1994 This is a comprehensive holistic handbook from which nurses can select practical and easy to use techniques to sustain their bodies minds and spirits as they meet the daily demands of their challenging careers organization management administration OB organization behavior nursing administration leadership delegation business professional executive

**Orientation to Counseling** J. Vincent Peterson, Bernard Nisenholz, 1999 The field of counseling continues to become an increasingly significant part of the health industry of America In late 1996 Congress passes a bill which helped to include mental health services with other health services This bill legislatively formalized the tendency that was already sweeping the nation And as counseling is gaining greater acceptance larger numbers of people are choosing to enter this field This book introduces the field and tenets of counseling and provides an up to date look at the current issues surrounding counseling It also is tailored to the eight required categories for accreditation and licensure content areas specified by the

National Board for Certified Counselors This book takes a personal approach to introducing readers to the field of counseling Believing that human development is multi sided the authors recognize physical cognitive behavioral social emotional and spiritual development The book includes sections on stress management career choices responsibilities of counselors learning counseling skills theory and practice and specific foundation areas like group family school and community Also included throughout the text is a great attention to multicultural issues Counselors and psychologists **Women and the Blues** Jennifer James,1988 A renowned psychologist explains how women can escape common cycles of depression through an understanding of personal resources and emotions self esteem perspective and a sense of humor **The Clarinet** ,1998 New Age Journal ,1986 The Cumulative Book Index ,1985 A world list of books in the English language *A List of Tennessee State Publications* ,1988 The Psychologist ,1988 **Paperbound Books in Print** ,1992

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