



Code Calm on the Streets: Mental Toughness Skills for Pre-Hospital Emergency Personnel (Paperback)

By Kerry A Whitelock D O, Michael J Asken Ph D

Sunbury Press, Inc., United States, 2012. Paperback. Book Condition: New. 210 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****.Code Calm on the Streets provides the concepts and psychological skills for performance enhancement in medical emergencies for pre-hospital emergency personnel. It is clear that those who choose such a career already possess special character, and it is tested on a daily basis. Whether in routine care or emergency situations, each response provides the opportunity for touching and changing patient lives. Code Calm can help you do this with greater confidence and competence. Contents: Chapter 1 - Fit for Duty: Physical Conditioning and Mental Toughness Chapter 2 - Emotional Lights and Sirens: Arousal and Mental Toughness Chapter 3 - Mental Alarms: Stress, Fear and Mental Toughness Chapter 4 - Mental Diazepam: Arousal Control and Mental Toughness Chapter 5 - Mental Scans: Performance-Enhancing Imagery and Mental Toughness Chapter 6 - Mental Scopes: Concentration and Mental Toughness Chapter 7 - Mental Prescriptions: Self-Talk and Mental Toughness Chapter 8 - Mental Ablations: Negative Thought Stopping and Mental Toughness Chapter 9 - Mental Clinical Pathways: Affirmations, Attitude and Mental Toughness MICHAEL J. ASKEN, PH.D. Mike holds a B.A. degree in...



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