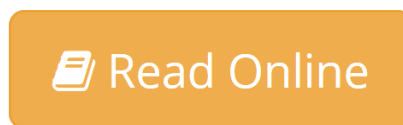


Raw Coping Power: From Stress to Thriving

By Joel B Bennett PhD



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Raw Coping Power: From Stress to Thriving (in life and business) explores new ways to address the growing problem of stress in society and the workplace. It is both a practical guidebook and resource for anyone interested in mastering stress, including individuals, groups, workplaces, and those who serve them (such as coaches, counselors, trainers, and therapists). Each individual has an innate capacity to transform stress into an opportunity for thriving and flourishing. Stress is both a friend and teacher. We can tap into this truth through reminders, a certain vision, and practice of simple tools. And Raw Coping Power provides all of these with specific encouragement to use over 30 exercises in the tool section.

The chapter on the 7 Principles first establishes a foundation of knowledge—with different maps borrowed from research. Each principle is discussed with examples, giving readers confidence that our mind-body system is designed to transform instead of succumb to stress. The next chapter translates research from 10 different areas of modern science including neuroplasticity, post-traumatic growth, resilience, social capital, and the author's own studies on team wellness.

The Tool chapter gives readers simple exercises, most of which can be completed in 10 minutes and systematically designed to tap into our capacity for resilience. The purpose and background of each tool is described and specific steps are given that make these easy to use. A Resource section also gives different tips on where and how to get additional help. Much of Raw Coping Power is based in scientific research and a Notes section gives additional citations and capsule clarifications for studies and other references used. A list of definitions also makes this a very useful tool for communicating this innovative approach to audiences who are looking to see stress in a whole new and positive light.

PRAISE FROM BUSINESS/WELLNESS LEADERS

[+] "One tool will never be obsolete: your own inner strength. Joel Bennett walks you through exactly how you can uncover these priceless forces of resilience and use them to great advantage and satisfaction. A remarkable book." <> Marshall Goldsmith author, the New York Times and global bestseller 'What Got You Here Won't Get You There'

[+] "With obvious expertise, clear compassion, keen insight, and genuine wisdom, Joel Bennett explains why, and how, to cultivate this inner source of

strength-and live a better life as a result." <> David L. Katz, MD, MPH, FACPM, FACP; Director, Yale University Prevention Research Center

[+] "Dr. Bennett is an undisputed leader in the field of organizational wellness and particularly stress management. A powerful inspirational resource that will build strength and resilience for anyone. I hope you enjoy it as much as I did." <> Connie Tyne, Vice President of External Affairs; The Cooper Institute

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[+] "Dr Joel Bennett is a bona fide thought leader, his work spot on, timely, and powerfully practical. Raw Coping Power is an accessible "system", helping individuals, teams, and workplaces to tap their capacity to transform stress into a positive learning force." <> Dr. Roger Jahnke, OMD; Author, "The Healer Within"

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Editorial Review

About the Author

Joel Bennett, PhD, Dr. Joel Bennett is President of Organizational Wellness & Learning Systems (OWLS), a consulting firm that specializes in evidence-based wellness and e-learning technologies to promote organizational health, employee well-being, and stress transformation. Dr. Bennett first delivered stress management programming in 1985 and OWLS programs have since reached over 30,000 workers across the United States. He is primary developer of "Team Awareness" and "Team Resilience", two evidence-based programs recognized by the U.S. Dept. of Health as effective in reducing employee behavioral risks. Team Awareness has been adapted by the U.S. National Guard as one of their flagship prevention programs and it has been used by restaurants, electrician training centers, small businesses, Native American tribal government, and recently in South Africa. OWLS clients include corporate, private, non-profit, local and federal agencies. OWLS has received close to \$4 Million in Federal Research Grants to assess, design, and deliver behavioral health promotion and workplace wellness programs. OWLS service-line includes the Small Business Wellness Initiative, IntelliPrev™, PrevTools™, ExecuPrev™ (leadwell, livewell), and TeamUpNow™. Dr. Bennett is the author of over 20 peer-reviewed research articles and he has authored/co-authored three books, including "Heart-Centered Leadership", "Time & Intimacy", and "Preventing Workplace Substance Abuse." In 2008, he was acknowledged with the Service Leadership award from the National Wellness Institute. He earned his Bachelor's Degree in Psychology and Philosophy from State University of New York (Purchase) and his MA and PhD in Psychology from University of Texas-Austin. Visit www.organizationalwellness.com to learn more.

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Daniel Hendrix:

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David Goodspeed:

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