



Por qué trabajamos?: 1 (Spanish Edition)

Francisco Alonso Fernández

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La actividad laboral puede aproximarse a la felicidad o conducirnos al malestar o a la enfermedad. En esta obra se analizan ambas vertientes a través de temas de interés palpitante, como el trabajo personalizado, la ocupación del tiempo libre, el estrés, la depresión, la alineación, el desempleo y la violencia en el lugar de trabajo. Respecto a esto último, el profesor Francisco Alonso Fernández, verdadero experto en estos temas y referencia imprescindible dentro del mundo de la Psiquiatría y Psicología Médica, nos dice en esta obra: El proceso de victimización profesional específica compartida por los sanitarios y los profesores se debememos a las correspondientes características de sus respectivas actividades profesionales, que al asiduo contacto directo con unos clientes en situación energética presta a la descarga violenta. En libro en definitiva, es un ensayo literario y científico de fácil lectura , enmarcado en el área de Filosofía de la Salud, que nos proporcionará orientaciones sobre el modo de organizar nuestra vida en cuatro sectores: el trabajo, el descanso, la interacción sociofamiliar y el tiempo libre. INDICE: Los valores humanos del trabajo. Modos de trabajar a lo largo de los tiempos. Las cuatro parcelas de la vida actual. Problemas de salud mental en el trabajo. El estrés ocupacional crónico. La depresión en el ámbito laboral. El adicto al trabajo. Problemas creados por el alcohol y otras drogas en el lugar de trabajo. La salud mental de los médicos y otros profesionales de la salud. La salud mental de los profesores. Alteraciones psíquicas inducidas por la falta de trabajo. La violencia en el lugar de trabajo.

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