

Simone Janson (ed.)

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Psychology against sleep disorders, with
relaxation resilience & mindfulness to inner
peace serenity mental strength & happiness

HEALTHY SLEEP - DEFEAT FATIGUE STRESS & DISEASES

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Profound Expert Knowledge, Quality Assurance and AI: The Concept of Publisher of the Year Best of HR - Berufebilder.de®

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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Your Benefit in concrete Terms: Content, Organization and Structure of the Book

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So you see: from cost savings to access to knowledge and education, to the opportunity to experience and live your own successes, to inspiration for entrepreneurial activities, and the possibility to earn money with our publishing house - reading our books can provide you with financial benefits in various ways.

Serenity as a life motto: Relax every day

// By Prof. Dr. Martin Christian Morgenstern

So we can only be as calm as our history of neuronal brain learning allows. Because the complex world keeps providing us with new surprises, we will only be able to practice ourselves in serenity all our lives.

From the holiday paradise to the horror scenario

How serenity arises is a complex psychological process. However, all efforts can be quickly undermined by one factor: scarcity of resources - our challenge for the future.

Imagine you are spending a longer vacation on a secluded island. There is a hotel with room for two hundred guests. Accordingly, the buffet in the dining room is aimed at two hundred guests. In the first week after your arrival but only fifty guests are in the house.

Pure peace and relaxation?

You can imagine how relaxed it is for you to comfortably select your meals at the completely empty buffet. Of course, it should be said that the hotel staff tries very hard to constantly replenish the reduced buffet stocks.

In the second week, another hundred and sixty guests will travel. Now your buffet is designed in such a way that you are still comfortable everywhere. In addition, is also regularly refilled. On special culinary highlights, sometimes a very small snake forms, which, however, brings you, if at all, to easy restlessness.

More guests at the buffet as a place

A week later, a larger cruise ship stops in front of the island, because it has a machine damage. This ship was actually going to enter the port on the next day. Accordingly, the supplies on board are exhausted.

The captain of the ship asks the hotel director to come aboard with his two hundred guests. The two hundred guests plus fifty men crew would like to get something to eat. Accordingly, during your next buffet visit, you will find four hundred and fifty guests in a restaurant designed for two hundred guests.

Shortage of resources equal to higher stress levels

It begins an queuing and sneaking of the buffet offers. Also the hotel staff is not prepared to replenish such amounts of food. Accordingly many offers go also relatively quickly.

Now imagine how your stress level would look at this food? Exactly, from now on it becomes unpleasant. The rest is gone! Stress because the resources are now scarce. On the next day, another hundred and fifty guests arrive by ferry to the island. On the way back the ferry should actually take one hundred and fifty guests back.

When the stress level increases ...

But after the arrival of the ferry, a tropical current suddenly appears. As a result, you will find yourself at the next dinner buffet with sensational six hundred guests in a restaurant for two hundred people.

You can imagine with what stress level and whim you are now trying to get something from the slightly fast-moving food supplies. And if we now imagine that this condition is maintained for a long time, is a holiday paradise from a real horror scenario.

Our challenge for the future

This is the same with humanity. In the Stone Age only five million people lived on the planet. This corresponds to today's population of the city of Berlin. In the calendar year 0, that is, the birth of Christ, lived on the earth less than 200 million people.

In the year 1650 n. Chr. The world population was then 500 million humans. 1,6 billion people then lived in the year 1900 AD on Earth. 1950 then 2,5 billion, 1970 3,7 billion and 2013 7 XNUMX billion people today, all suck the resources of the earth.

Stay cool is the wrong goal

Accordingly, we find more and more of the situation, which can be compared to the completely overcrowded buffet on the desert island. The challenge for us in the future is to keep calm even in such tense situations.

The negative stress either puts our old learning experiences or things beyond our control. There will always be situations or persons who put our serenity to the test.

Anti-stress techniques only partially help