This inspiring, award-winning title guides nurses to transform work-related stress and anger into strength and resilience.

The nursing profession has witnessed increasing workplace violence, conflicts with colleagues, and poor working conditions. In this book, Thomas demonstrates how anger can actually be a catalyst for personal and professional empowerment.

In this new edition, Thomas discusses the causes and consequences of nurses' stress and anger, and presents new strategies to prevent and manage both, even under the worst conditions. She demonstrates how to forge stronger relationships with colleagues and patients, and solve work-related problems head-on. As a nursing educator, therapist, practitioner, and practicing RN, Thomas provides personal accounts of her own experiences as a nurse, struggling to meet the many challenges of the job.

Key Features:
* Thoroughly updated with new research data and case studies
* Offers step-by-step guidelines on working towards remediation and healing
* Organized with bulleted lists and boxes highlighting key points
* Guidance on pursuing career movement, both vertical and horizontal
* Useful for nurses, hospital administrators, managers, and graduate students

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