

### Roland Ferenc Szilas, PhD

## **Winning over Stress**

# - Developing a Resilient Character

### First Edition

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#### ISBN 978-615-00-4223-7

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## Acknowledgements

Firstly, I would like to thank my colleagues at the Organizational Behaviour Department at Corvinus University Budapest and especially my supervisor, Henriett Primecz for their great support during my dissertation research on work stress, the results of which are the fundaments of this book.

A special thanks to all friends and colleagues at the Semmelweis University Budapest, particularly Adrienne Stauder and András Szentkirályi for all what I have learned during the trainings and discussions with them on the health and coping perspectives of stress, which have greatly influenced this book.

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