

René Diekstra

Overleven, hoe doe je dat?

Over weerbaarheid

De televisie, video, pc, fax, digitale agenda, portofoon, alarminstallatie... ons leven wordt in toenemende mate beheerst door technische apparaten. *Overleven, hoe doe je dat?* van psycholoog René Diekstra gaat over de manier waarop techniek mensen in verwarring brengt, afstompt en bang maakt, en over onze weerbaarheid daartegen.

'Techniek en emoties lijken op gespannen voet met elkaar te staan, maar apparaten kunnen krachtige gevoelens losmaken. *Overleven, hoe doe je dat?* bevat intrigerende gedachten en smaakt naar meer.' *Natuur & Techniek*

René Diekstra is hoogleraar klinische en gezondheidspsychologie aan de Rijksuniversiteit Leiden. Hij publiceerde onder meer *Als leven pijn doet*, *Persoonlijk onderhoud* en *Pleisters voor de ziel*.



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Overleven Hoe Doe Je Dat Over Weerbaarheid

Stef Herman



Overleven Hoe Doe Je Dat Over Weerbaarheid:

Onvoltooid verleden tijd Stef Herman, 2001 **Boekblad**, 1993 **Mentale kracht** Dai Carter, 2023-02-28 De grote uitdagingen van deze tijd vragen om veerkracht en weerbaarheid Dai Carter voormalig commando speciale operaties en bekend van tv stelt dat veerkracht en weerbaarheid belangrijker zijn dan ooit Hij beschrijft op een kwetsbare en invoelende manier waar zijn weerbaarheid vandaan komt en hoe die weerbaarheid hem hielp te overleven en hij beschrijft hoe veerkracht hem nu in staat stelt terug te veren na heftige levensgebeurtenissen Als je de vaardigheid hebt om veerkracht en weerbaarheid toe te passen in je eigen leven dan zal dat je mentale kracht versterken Dai geeft praktische tips zodat je kunt bouwen aan je mentale kracht want de wereld van nu vraagt erom Dai Carter 1989 schreef eerder de bestseller Nu of nooit Hij diende dertien jaar bij de Koninklijke Landmacht waarvan de laatste tien bij het Korps Commandotroepen Dai is een van de hoofdinstructeurs in het succesvolle tv programma Kamp Van Koningsbrugge Het is zijn persoonlijke missie om zo veel mogelijk mensen mentaal krachtiger te maken **De vredesparadox** Tom Middendorp, 2024-11-08 We raken steeds meer in de greep van geopolitieke spanningen cyberdreigingen en de gevolgen van klimaatverandering dan is het cruciaal om voorbereid te zijn op de uitdagingen van morgen Tom Middendorp deelt in dit boek zijn inzichten over hoe Nederland en zijn burgers weerbaarder kunnen worden om zo voorbereid te zijn op onverwachte crises De vredesparadox em biedt een heldere en toegankelijke handleiding voor hoe we als samenleving kunnen anticiperen op de risico's van de toekomst en hoe we onszelf en onze gemeenschap beter kunnen beschermen Dit boek is actueler dan ooit Het biedt een heldere en toegankelijke handleiding voor hoe we kunnen anticiperen op de risico's van de toekomst en hoe we onszelf en onze gemeenschap beter kunnen beschermen In dit boek deelt Middendorp ook praktische tips en adviezen die direct toepasbaar zijn Voor Middendorp is weerbaarheid niet slechts een optie het is absolute noodzaak als we onszelf en onze samenleving willen beschermen **Overleven, hoe doe je dat?** R. F. W. Diekstra, 1996 De betekenis van de techniek voor de hedendaagse mens vanuit een psychologische en historische invalshoek **De betekenis van levensverhalen** Ernst Bohlmeijer, Lausanne Mies, G. Westerhof, 2006-04-18 Levensverhalen voorzien in een steeds grotere maatschappelijke behoefte getuige de opkomst van weblogs de talloze autobiografie en therapeutische toepassingen Reflecteren op het eigen leven kan troost bieden kan ouderen en jongeren helpen omgaan met beperkingen en kan bijdragen aan zingeving en goed sociaal contact De levensverhalen zelf zijn een rijke bron voor bijvoorbeeld medici hulpverleners loopbaan begeleiders en mantelzorgers De betekenis van levensverhalen laat zien dat levensverhaalmethoden een plaats in de gezondheidszorg verdienen Een gezondheidszorg die aan de verhalen voorbijgaat wordt een kil instituut waarin veel mensen zich niet herkend en erkend voelen Naast een brede theoretische uiteenzetting bevat dit boek vele toepassingen van het werken met levensverhalen in wetenschappelijk onderzoek en in de klinische praktijk Deze bundeling van interdisciplinaire inzichten geeft op unieke wijze de stand van zaken weer in de kennis over levensverhalen en levensverhaalmethoden Psychologen en

ethici ergotherapeuten en schrijfdocenten tientallen auteurs belichten in dit boek de betekenis van levensverhalen voor menswetenschappen zorg en welzijnswerk Ze beschrijven hoe levensverhalen tot stand komen welke rol herinneringen hierbij spelen en hoe de verhalen het zelfbeeld en de toekomstverwachtingen kunnen bepalen De solide achtergrond van de auteurs zorgt voor een duidelijke wetenschappelijke grondslag De prettige schrijfstijl en de verwijzingen naar de praktijk maken van De betekenis van levensverhalen een bron van inspiratie voor iedereen die werkt of gaat werken met levensverhalen

De wereld dat ben jij Roek Lips, 2023-02-10 In De wereld dat ben jij gesprekken en gedachten over een nieuwe tijd gaat Roek Lips opnieuw in gesprek met wetenschappers kunstenaars en mensen met een bijzonder levensverhaal op zoek naar inzichten De wereld dat ben jij van Roek Lips is een bijzondere zoektocht in samenwerking met unieke persoonlijkheden voor iedereen die zelfkennis inspiratie en reflectie op de vraagstukken van onze tijd nastreeft Waarom leren we zo weinig van de geschiedenis Wat is er nodig om vertrouwen te herwinnen Wat kunnen we leren van de natuur Waarom neemt het aantal mensen met psychische problemen zo snel toe Wat betekent het om toekomstbestendig te zijn Hoe verhouden we ons tot elkaar en onze omgeving in een tijd dat niets meer vanzelfsprekend is In De wereld dat ben jij gaat Roek Lips opnieuw in gesprek met wetenschappers kunstenaars en mensen met een bijzonder levensverhaal op zoek naar inzichten en houvast Aan het woord komen Kauthar Bouchallikht Jeroen Dijsselbloem Freek de Jonge Thijs Ketelaars Derk Loorbach Ans Markus Marjolein Moorman Laurentien van Oranje Geert Teisman Paul van Tongeren Gerdi Verbeet Dirk De Wachter Andr Wierdsma Jaap Winter en vele anderen Roek Lips is bekend van de serie Nieuwe Leiders in Trouw Je kunt met iemand in gesprek treden om je gelijk te bewijzen maar ook zoals Roek Lips om antwoorden te vinden op vragen waarop niemand het antwoord weet Dat is vele malen interessanter Paul Verhaeghe

Schokbestendig Dai Carter, Derek de Vries, 2025-06-17 Hoe zorg je ervoor dat je bent voorbereid op elke noodsituatie Hoe blijf je kalm in zeer stressvolle omstandigheden Politici en generaals roepen dat de samenleving weerbaarder moet worden maar hoe ziet dat er voor jou uit In Schokbestendig bundelen Dai Carter en Derek de Vries hun unieke expertises om jou te helpen overleven in een wereld vol onzekerheid Met inzichten uit de psychologie praktische survivalstrategie n inspirerende en unieke verhalen uit hun eigen ervaringen bieden zij een moderne handleiding voor iedereen die sterker zelfredzamer en beter voorbereid wil zijn op noodsituaties Een weerbare samenleving begint bij het individu Quotes over eerdere boeken van Dai Carter Ben jij klaar om te bouwen aan je mentale kracht Lees dan vooral het boek Nu of nooit Women s Health Dai Carter houdt een relevant pleidooi voor doelgericht leven in een wereld die op shuffle staat Arie Boomsma

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Japan **Vestdijk** Wim Hazeu, 2005 **Overleven, hoe doe je dat?** Regnerus Folquinus Willibrordus Diekstra, 1993 De
betekenis van de techniek voor de hedendaagse mens vanuit een psychologische en historische invalshoek

Overleven Hoe Doe Je Dat Over Weerbaarheid Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Overleven Hoe Doe Je Dat Over Weerbaarheid**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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