

person, described in detail, it proceeds to show the effects of stressors on the character of a person and gives particular attention to the changes which occur in the quality of social relationships of a stressed teacher. To complete the picture, benefits of stress are also mentioned.

In *The Causes of Stress* the reader learns about the sources of stressful factors related to the teacher's job and is made aware, from a thorough analysis, of the harm done to the educators by 40 years of totalitarianism.

In the last chapter *Protection against Stress* the authors give an overview of practices useful in managing both acute and chronic stressors. They show the possibilities for teachers to make changes in their style of life and, in this, lay special emphasis on regular exercise. They propose a variety of short physical activity programmes suitable for application both at school and at home. An improvement in teacher's work is also viewed as a result of promoted creativity and autonomy. An essential approach to achieving mental equilibrium is cultivation of the state and content of the mind. The teacher is compared to a gardener who, on his garden — mind, can cultivate positive mental states such as relaxation, joyfulness, concentration, etc. as well as vital mind contents like love for the others, devotion, compassion, ability to stay above difficult life situations, etc. For the teacher, to follow the path to mental equilibrium is a priority task which should never end. Only through continuous self-perfection leads the way to true happiness.

In the second edition several new sections were added, for instance about learned optimism, work flow, mobbing and others.

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