# **Traumatic Stress In South Africa**

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a report by the physical oceanography panel of the national research council of the united states into the physical oceanographic aspects of the environmental studies program the committee evaluated the quality and relevance of studies carried out in waters under

federal control which extend from the limits of state jurisdictions 3 12 miles offshore and include the central and outer continental shelf waters and the continental slope of the united states

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published by the american geophysical union as part of the geophysical monograph series volume 173 the ocean's meridional overturning circulation moc is a key factor in climate change the atlantic moc in particular is believed to play an active role in the regional and global climate variability it is associated with the recent debate on rapid climate change the atlantic multi decadal oscillation amo global warming and atlantic hurricanes this is the first book to deal with all aspects of the ocean's large scale meridional overturning circulation and is a coherent presentation from a mechanistic point of view of our current understanding of paleo present day and future variability and change it presents the current state of the science by bringing together the world's leading experts in physical chemical and biological oceanography marine geology geochemistry paleoceanography and climate modeling a mix of overview and research papers makes this volume suitable not only for experts in the field but also for students and anyone interested in climate change and the oceans

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this book explores avenues for organisations to better understand the origins of occupational stress so as to enable their managerial employees to effectively manage stress levels by way of the work locus of control as a personality variable the book identifies stressors both within and outside the organisation that underpin high stress levels in organisational culture in grappling with what is required in the new workforce of generation y millennials in a hyper networked and mobile age the authors present examples from everyday professional situations in south africa to contribute to critical understanding of today s working world by applying neuroscientific principles developed from a foundation of empirical research the authors introduce the concepts of a red zone and blue zone to explain differences between the brain areas controlled either by its stem limbic areas or the limbic cortical cortex areas respectively this becomes a psychological shorthand for describing and applying knowledge to encourage practitioners in leadership and management roles to achieve desired behaviour outcomes and to establish a framework for understanding employee values and worldviews the book

is relevant to practitioners postgraduate students and researchers interested in industrial psychology personality psychology business management and human resources

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