

A pair of blue and brown boxing gloves is hanging on a brick wall. The gloves are blue with brown leather accents and laces. The background is a textured brick wall with some areas of peeling plaster.

# Verbetenheid!

## Boksen en Begeleiding

# De Grenzen Van De Vermoeidheid

**Maex**



## **De Grenzen Van De Vermoeidheid:**

**De grenzen van de vermoeidheid** Hans Jürgen Baden,1959 *Mededeelingen van den Dienst der volksgezondheid in Nederlandsche-Indië* Dutch East Indies. Dienst der volksgezondheid,1922 *Omgaan met chronische vermoeidheid* S.J. Swaen,W.A. Sterk,J.A. Spaans,2009-02-12 Wanneer je lijdt aan chronische vermoeidheid voel je je al uitgeput en beroerd na de minste geringste inspanning In het begin begrijp je niet wat er aan de hand is Anderen kunnen het ook moeilijk plaatsten Als een arts geen duidelijke medische verklaring vindt en je bovendien last hebt van andere klachten zoals spierpijn of concentratieproblemen kan het zijn dat je aan het chronisch vermoeidheidssyndroom CVS lijdt Deze aandoening zet je leven op zijn kop Het kost vaak de grootste moeite je werk te blijven doen Het kan zijn dat je zelfs helemaal stopt met werken Je hebt geen fut om bezoek te ontvangen hobby s te onderhouden uit te gaan te sporten of anderen te helpen Je moet veel leuke dingen uit je hoofd zetten Vaker dan je lief is moet je terugvallen op hulp van anderen en vechten voor erkenning Dat is moeilijk en frustrerend De stress die met die frustratie gepaard gaat kan de vermoeidheid versterken In *Omgaan met chronische vermoeidheid* beschrijft klinisch psycholoog Jaap Spaans wat het in de praktijk betekent om te lijden aan het chronisch vermoeidheidssyndroom Hij zet de mogelijke symptomen oorzaken en gevolgen overzichtelijk op een rij Je vindt in dit boek bovendien de meest succesvolle behandelmethoden n praktische tips waarmee je als pati nt zelf je situatie kunt verbeteren *Los en vast* ,1878 **Onverklaarde Chronische Klachten** J. W. J. Gulden,A. J. J. M. Vingerhoets,2012-07

**Dat onwillige lijf** Eddy Neerinckx,2020-04-24 In mijn hoofd blijf ik dertig in de spiegel jammer genoeg niet Een verzuchting van velen met zo n halve eeuw of meer op de teller En het is meer dan de spiegel alleen Ons lijf dat voor de meesten lange tijd een betrouwbare vriend is gebleken wil bij momenten nukkig zijn en doet niet meer wat we in gedachten hadden Daar komt nog bij dat de omgeving die terugval best wel merkt Ons lijf wordt dan de boodschapper van ons ouder worden De auteur gaat in op wat ouder worden met ons lichaam doet en hoe dat verouderende lijf ons als vanzelfsprekend in een subgroep duwt die maatschappelijk niet meteen bovenaan de waardenladder staat Daarbij wordt ouder worden al te vaak in termen van verlies beschreven Ten onrechte overigens Het gaat dan over stereotypen en wat dat doet met een mens zijn gezondheid zijn welzijn Maar hij heeft het evenzeer over de dingen die we kunnen doen om er de nodige veerkracht in te houden of weer te vergroten bij het overeind krabbelen na een figuurlijke klap *De Beteekenis der Psychotechniek voor het Bedrijf* Johannes Stroomberg,1925 **Mindfulness** Maex,2010-06-07 In Mindfulness leer je hoe je steeds weer de rust en helderheid in jezelf kunt opzoeken Ook wanneer het leven je deze rust niet gunt leer je zo goed mogelijk om te gaan met wat zich aandient Edel Maex psychiater in het ZNA Middelheim Antwerpen geeft al jaren aan steeds grotere groepen mensen trainingen in Mindfulness MINDFULNESS zo luidt het nieuwe basiswoord voor wie beter wil omgaan met de onvermijdelijke stress van het leven MINDFULNESS vindt zijn oorsprong in boeddhistische meditatietechnieken In plaats van voortdurend toe te leven naar doelen die ver in de toekomst liggen leer je met een milde open aandacht aanwezig te zijn bij wat nu is

MINDFULNESS leert je hoe je de rust en helderheid kunt opzoeken in jezelf Ook als het leven je deze rust niet gunt geeft  
mindfulness je de vrijheid goed om te gaan met de onrust zonder jezelf erin te verliezen **Maatschappij-Belangen** ,1918  
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