

COPING WITH UNEMPLOYMENT

Surviving depressed economic times
until the economy improves:
A Guidebook for Individuals

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.

Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

COPING WITH SERVICE STRESSORS

Cognitive Self-Help Skill Development
A Guidebook for Military Personnel

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.

Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

COPING WITH SERVICE STRESSORS

**A Guidebook for Military Personnel
and Their Families**

Cognitive Self-Help Skill Development

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.

Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

COPING WITH POLICE STRESSORS

Cognitive Self-Help Skill Development
A Guidebook for Police Officers

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.

Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

COPING WITH SERVICE STRESSORS

Cognitive Self-Help to Enhance Resilience
**A Guidebook for U. S. Navy & Marines
Personnel and Their Families**

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.

Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

COPING WITH SERVICE STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.

Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

**A Guidebook for Air Force Personnel
and Their Families**

COPING WITH POLICE STRESSORS

Cognitive Self-Help to Enhance Resilience
**A Guidebook for Police Officers
and Their Families**

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.

Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

COPING WITH NURSING STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.

Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

**A Guidebook for Nurses
and Their Families**

COPING WITH COLLEGE STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.

Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for University Students

COPING WITH POLICE STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.



Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for Police Officers and Their Families

PHYSICIAN'S & SURGEON'S COPING COMPENDIUM

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.



Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for Medical Doctors and Their Families

COPING WITH COLLEGE STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.



Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for University Students and Their Families

COPING WITH RESCUE STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.



Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for Firefighters & EMTs and Their Families

COPING WITH CLERGY STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.



Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for Religious Leaders and Their Families

COPING WITH WORKLIFE STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.



Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for Religious Leaders and Their Families

COPING WITH ENTREPRENEURIAL STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.



Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for Entrepreneurs and Their Families

COPING WITH BUSINESS STARTUP STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.



Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for Entrepreneurs and Their Families

COPING WITH DISASTER STRESSORS

Cognitive Self-Help to Enhance Resilience

by
Carl V. Rabstejnek
P.E., M.B.A., Ph.D.



Personal	Perception
It's specific to you!	It's what you "see!"
Four P's	
It can be done!	It takes time and work!
Promising	Persistence

A Guidebook for Fire•Rescue•Medical Responders and Their Families