

Preface

Dear readers,

In my work as an occupational and business psychotherapist and psychotherapeutic expert on (in) ability to work due to exhaustion, I have become familiar with the everyday crises, problems, work and time pressure of my clients and patients and their stress and work-related complaints. This has spurred my inspiration and motivation for this book.

Technological progress makes it possible—unfortunately or fortunately:

Work anytime and anywhere.

People must not forget about themselves and get lost in the daily time pressure and ruminating. Work needs to be integrated meaningfully into life; a mindful way of life may also take place during work time to facilitate life and work in flow. Long gone are the days of work-life balance; the focus is much rather on *work-life integration* and *mindful interaction*; it is also no longer a question of relaxing but of preserving active regeneration.

From the perspective of a meaning-oriented occupational and business psychotherapy, I will show in this book ways to sustainably preserve human resources, performance capability and motivation, for the benefit of the working people and the economic success of their businesses.

To keep fit at work, a holistic view of humans, their needs, desires, strive for meaning, personality and work environment is required. The topics discussed in this book range from the company to the needs of the cell and from the importance of a meaning-oriented occupational and business psychotherapy and its integration into company health management as an internal or external Health Assistance Program to new holistic approaches for early detection of exhaustion. *LifeSkript-*, *WorkSkript-* and *LifeEnergyAnalysis*, which I developed, should serve as a guide.

The chapters of this book throw a spotlight on businesses and management, on the working people and their energy and on new measurement and training methods offered by biofeedback in the workplace; in particular, the importance of heart-rate variability for the prevention of exhaustion and for specific training to preserve health will be addressed; additionally, an expanded image of stress and strain will be presented.

I would like to sincerely thank my clients and patients for their trust and also my co-authors who have contributed much to the success of this book. Also, I wish to thank the employees of the publishing house who supported me and always provided assistance. Last but not least, I am indebted to my friends who have helped me with proofreading and creating graphics.

My co-authors and I hope you will find this book full of useful ideas and that you will enjoy reading it!

Vienna, Austria

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