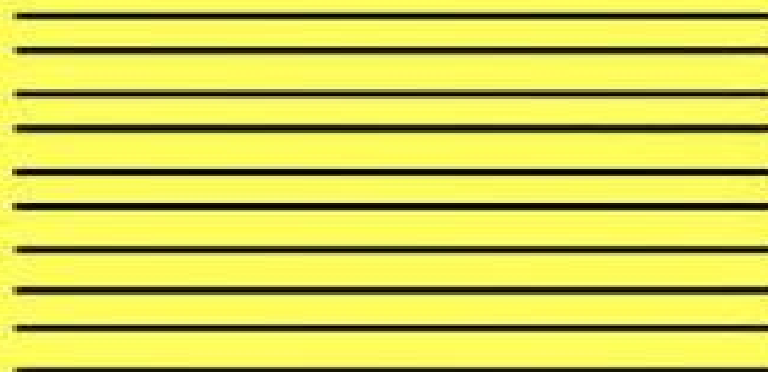

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Series Editor: Donald Melchenbaum

COMMUTING STRESS

Causes, Effects, and Methods of Coping



Meni Koslowsky
Avraham N. Kluger and
Mordechai Reich

Commuting Stress Causes Effects And Methods Of Coping

**Meni Koslowsky, Avraham N.
Kluger, Mordechai Reich**



Commuting Stress Causes Effects And Methods Of Coping:

Commuting Stress Meni Koslowsky,Avraham N. Kluger,Mordechai Reich,2013-06-29 Several people have asked what motivated us to write a book about commuting something that we all do but over which we have very little control As a matter of fact the general reaction from professional colleagues and friends alike was first a sort of knowing smile followed by some story Everyone has a story about a personal commuting experience Whether it was a problem with a delayed bus a late arrival broken down automobiles hot trains or subways during the past year we have heard it all Many of these stories must be apocryphal because if they were all true it is amazing that anyone ever arrived at work on time at home or at some other destination The interest for us likely stems from many factors that over the years have probably influenced our thinking All of the authors studied and or grew up in the New York City metropolitan area For illustration let s devote a few paragraphs to describing some of the senior author s Koslowsky s life experiences As a young man in New York City he was a constant user of the New York City subway system The whole network was and still is quite impressive For a relatively small sum one can spend the whole day and night in an underground world growing up in New York often makes one think that the whole world is contained in its five boroughs

Recent Advances in Transportation Systems Engineering and Management—Volume 2 K.V.R. Ravi Shankar,C.S.R.K. Prasad,C. Mallikarjuna,S.N. Suresha,2024-10-14 The book presents select proceedings of the 9th Conference on Transportation Systems Engineering and Management CTSEM 2023 It broadly covers areas of transportation engineering namely traffic engineering and safety transportation planning and pavement engineering In particular the book delves into the current research in specific areas including but not limited to intelligent transportation systems and applications public transport planning and management urban and regional transportation planning freight transport and logistics traffic flow modeling and management highway design and maintenance pavement materials and characterization accident investigations and crash preventive measures pedestrian facilities and safety pavement design and construction pavement evaluation and management and sustainable transportation It also sheds light on topics like Artificial Intelligence AI big data and the Internet of Things IoT and their application in transportation systems This book will be a valuable resource for researchers and professionals in transportation engineering and civil engineering

The Built Environment and Public Health Russell P. Lopez,2012-01-03 THE BUILT ENVIRONMENT AND PUBLIC HEALTH The Built Environment and Public Health explores the impact on our health of the environments we build for ourselves and how public health and urban planning can work together to build settings that promote healthy living This comprehensive text covers origins and foundations of the built environment as a public health focus and its joint history with urban planning transportation and land use infrastructure and natural disasters assessment tools indoor air quality water quality food security health disparities mental health social capital and environmental justice The Built Environment and Public Health explores such timely issues as Basics of the built environment and evidence for its influences How urban

planning and public health intersect How infrastructure improvements can address chronic diseases and conditions Meeting the challenges of natural disasters Policies to promote walking and mass transit Approaches to assess and improve air quality and our water supply Policies that improve food security and change how Americans get their food How the built environment can address needs of vulnerable populations Evidence based design practices for hospitals and health care facilities Mental health stressors and health care environments Theories and programs to improve social capital of low income communities How the built environment addresses issues of health equity and environmental justice This important textbook and resource includes chapter learning objectives summaries questions for discussion and listings of key terms

Companion Web site www.josseybass.com/go/lopez **The Mental Health Consequences of Torture** Ellen

Gerrity, Terence M. Keane, Farris Tuma, 2001-03-31 In 1997 the National Institute of Mental Health assembled a working group of international experts to address the mental health consequences of torture and related violence and trauma report on the status of scientific knowledge and include research recommendations with implications for treatment services and policy development This book dedicated to those who experience the horrors of torture and those who work to end it is based on that report Technology and Psychological Well-being Yair Amichai-Hamburger, 2009-09-10 This book considers the impact of technology on our lives and ways to ensure technology enhances rather than damages our psychological well being

How Women Can Make It Work Eden B. King, Jennifer L. Knight, 2011-05-03 Condensing and interpreting an enormous body of social science research this book helps young women survive and thrive in their careers In a recent survey working women in the millennial generation aged from 22 to 35 reported persistent concerns of gender bias in the form of inequitable pay scales corporate cultures that favor men stereotypes few women among the top echelons of the organization and barriers to balancing work and family Clearly women continue to face significant obstacles to success in the workplace despite the progress that has occurred in recent decades How Women Can Make It Work The Science of Success will help Gen X Y and Z women who are recent high school or college grads in their first or second job or new moms weighing decisions about working achieve success and satisfaction in their careers The information in this book is also invaluable for managers and counselors who work with young women and want to understand the issues they may be facing **Environmental and**

Occupational Medicine William N. Rom, Steven B. Markowitz, 2007 PROPOSAL DESCRIPTION Now in its updated Fourth Edition this classic text provides comprehensive coverage of all aspects of occupational and environmental medicine The book offers accurate current information on the history causes prevention and treatment of a wide range of environmental and occupational diseases and includes numerous case studies This edition includes more information on gene environment interactions The section on air pollution has been completely reorganized Other Fourth Edition highlights include expanded coverage of government responses to the field and a new chapter on children s environmental health Now in its updated Fourth Edition this classic text provides comprehensive coverage of all aspects of occupational and environmental medicine

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Place Matters Peter Dreier, John H. Mollenkopf, Todd Swanstrom, 2004 Analyzes the problematic trends facing America s cities and older suburbs and challenges us to put America s urban crisis back on the national agenda Encyclopedia of

Stress Frank J. McGuigan, 1999 For those individuals who endure the symptoms of stress in their daily lives this book serves as an essential tool of diagnosis and treatment helping readers pinpoint a medical link to their psychological and or physical distress and suggests how they can help themselves Packed with information about the symptoms causes and remedies for stress this book will serve both as a beacon for those who suffer from stress and as a key desk reference for those in helping roles Stress is commonly accepted as the twentieth century disease From sciatica to ulcers to eating disorders from mild depression to major anxiety problems stress related disorders affect millions of people every day and statistics prove that they are rising at a rapid pace Entries on stress related topics from A to Y Anyone with a need to understand common disorders related to stress

Coping with Congestion Ilan Salomon, 1997 Mobile Methodologies Benjamin Fincham, Mark McGuinness, Lesley Murray, 2010-01-15 How do we research and represent mobile experiences of being in place momentarily of passing through This book explores the movement of bodies through space examining perceived limitations and considering methodological responses technologies and strategies designed to inform our understanding of people s experience of movement through space **Contemporary Issues in Road User Behavior and Traffic Safety**

Dwight A. Hennessy, David L. Wiesensthal, 2005 This volume presents the work of researchers from around the world and from a variety of disciplines who are actively searching for ways to make our roadways a safer and more pleasant place to be Although behavioural scientists have long been interested in learning about what drivers do the study of driving behaviour has only recently attracted the dedicated interest of psychologists and other researchers Roadways are now increasingly recognised as an excellent naturalistic setting to study a variety of behaviours that were previously constrained to laboratories Streets and roads are ubiquitous constituting an integral part of most people s everyday environment or life space As with other environmental features emotional meanings are attached to our subjective perceptions of roadways which ultimately influence immediate and long term thoughts feelings and actions This volume describes the growing body of research on driver behaviour and traffic safety including the nature measurement and treatment of roadway aggression types of traffic violations in diverse parts of the world the pervasive concern with the alcohol and driving attempts to modify problematic driver behaviours engineering and human factors concerns such as cell phone operation by drivers the use of vehicle black box recorders and the safety of airbags We also present some examples of theoretical models and their

usefulness in stimulating research and providing an overall explanatory model for a diverse range of driving behaviours The chapters in this book explore many of these issues with driver behaviours being investigated by psychologists sociologists engineers and others **The Politics and Pleasures of Consuming Differently** Kate Soper,Martin Ryle,Lyn Thomas,2009 Analyzing representations and practices of consumption in the Western world this book offers a perspective on the themes of counter consumerism ecological crisis and sustainability It is suitable for students in media cultural and literary studies as well as in sociology and environmental studies **Urban Sprawl and Public Health** Howard Frumkin,Lawrence Frank,Richard J. Jackson,2004-07-09 Urban Sprawl and Public Health offers a survey of the impact that the built environment can have on the health of the people who inhabit our cities The authors go on to suggest ways in which the design of cities could be improved have a positive impact on the well being of their citizens *Work and Occupations* ,1996 *Psychology and Work Today* Duane P. Schultz,Sydney Ellen Schultz,1998 This text explores the changing composition of the work force economic conditions and the effects of technology on the nature and content of jobs as we approach the 21st century
 Strengthen Your Immune System Reader's Digest Association (Canada),Agostinho, Elisa,2002 Journal of Public Transportation ,2003 **Southern California Quarterly** ,2002 The Academy of Management Review Academy of Management,1997

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