

Kildehenvisninger til webinarret:
«En historie om forandring»
Irina Lee, mai 2020

Nedenfor følger et utvalg av kilder Dr. Julie Helmrich viser til i presentasjonen av sitt materiale.

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2. Keyes, C. & Simoes, E. (2012) To flourish or not: Positive mental health and all-cause mortality. *American Journal of Public Health*, 102, 2164-2172.
3. <http://www.gallup.com/poll/150026/unhealthy-workers-absenteeism-costs-153-billion.aspx>
4. <http://www.forbes.com/sites/brucejapsen/2012/09/12/u-s-workforce-illness-costs-576b-annually-from-sick-days-to-workers-compensation/>
5. Keyes C. (2002) The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43, p 207–222.
6. <http://www.dol.gov/ebsa/pdf/workplacewellnessmarketreview2012.pdf>
7. <http://www.industryweek.com/labor-employment-policy/4-strategies-getting-manufacturing-workers-engage-wellness>
8. http://www.huffingtonpost.com/ben-greenfield/employee-wellness_b_3101223.html
9. <http://www.prevention.com/mind-body/10-minute-health-and-wellness-tips>
10. <http://www.dol.gov/ebsa/pdf/workplacewellnessmarketreview2012.pdf>, p. 40.
11. <http://www.dol.gov/ebsa/pdf/workplacewellnessmarketreview2012.pdf>, p. 5.
12. J. Loehr (2007) *The power of story*
13. See Khoshaba, D.M., (1979) Stressful life events, personality, and health: An inquiry into hardiness. *Journal of Personality and Social Psychology*, 37, 1-11. See also Khoshaba, D.M. & Maddi, S.R. (2004) *HardiTraining: managing stressful change* (5th ed.) Irvine: Hardiness Institute.
14. Dr. Susan Peirce Thompson's, Bright Line Eating program: <http://susanpeircethompson.com/>
15. Dweck, C. (2006) *Mindset: The new psychology of success*. New York: Random House.
17. See: <http://www.kheper.net/topics/intelligence/MacLean.htm> for the basics on the Triune brain. See also, <http://www.mangadesign.com/three-brains-one-persuasion-strategy/> for a simplified graphic.
18. <http://www.forbes.com/sites/carolkinseygoman/2011/12/19/why-we-resist-change-and-what-leaders-can-do-about-it/2/>

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