



## Code Red: Extinguishing the Big Fires While Igniting Your Inner Fire

By Ann White

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.CODE RED is about understanding and managing stress. It is a must read for anyone working in a high stress environment with little or no time for self-care, and although it was written specifically with trauma, emergency and critical care nurses in mind, the book s goal is to help readers create an inner sanctuary or reserve for working or living in any type of chaotic environment. Through CODE RED, readers will learn to center and ground themselves, creating calm within chaos. Author Ann White packs a lot of Stress Rx into bite size portions so the reader can implement small changes to obtain big results.



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