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Gebruiksaanwijzing

Supplement: Reflovet® Plus



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Reflovet Plus Manual

**Costantino Balestra, Jacek Kot, Shai
Efrati, François Guerrero, Jean-Eric
Blatteau, Stéphane Besnard**

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Coping With Extreme Environments: A Physiological/Psychological Approach Costantino Balestra, Jacek Kot, Shai Efrati, François Guerrero, Jean-Eric Blatteau, Stéphane Besnard, 2019-06-25 Understanding how humans cope in extreme environments has expanded our knowledge of the physiological and psychological challenges involved and helped us to quit our comfortable paradigms built on steady states Furthermore measuring our reactions to intermittent stressors and determining the oscillations of our coping mechanisms has led us to unexpected understandings This methodology has also directly improved our translational or multidisciplinary approach to the subject Studying healthy individuals in extreme environments could improve our understanding of patients with impaired physiological capacities who are coping with an environment that becomes extreme to them and also improve our understanding of physiology and psychology in the elderly This eBook collects articles that address this translational multidisciplinary approach in an integrative way As a whole this Research Topic aims to better understand human animal physiology and psychology

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