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BAB II TINJAUAN PUSTAKA 2.1 Stres 2.1.1 Definisi StresDengan Isi Yang Sama. Skala Depresi Melihat Adanya Disforia, Keputusasaan, Devaluasi Hidup, Celaan Diri Sendiri, Kurangnya Minat / Keikutsertaan, Anhedonia, Dan Inersia. Skala Kecemasan Melihat Adanya Gairah Otonom, Efek Otot Lurik, Kecemasan Situa Jan 3th, 2024Getting Things Done Fast -WorkbookAssess Whether It Ought To Be Done • Reassess During Weekly Review • Can Have Many Sub-lists Within This Category, E.g.: - Books, Recordings, Videos, CDs To Buy -Places To Visit - Things I'd Like When I Can Afford Them - Courses To Take - Possible Things To Do With Kids - Hobbie Jun 3th, 2024Getting Things Done - Transhumanism" A True Skeptic Of Most Management Fixes, I Have To Say David's Program Is A Winner!" - Joline Godfrey, CEO, Independent Means, Inc. And Author Of Our Wildest Dreams May 1th, 2024. OUTLOOK - Getting Things DoneOutlook To To-Do Through Exchange Online Accounts. 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