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How to Deal with Stress (3rd Revised edition)

By Stephen Palmer, Cary Cooper

Kogan Page Ltd. Paperback. Condition: new. BRAND NEW, How to Deal with Stress (3rd Revised edition), Stephen Palmer, Cary Cooper, Straightforward, easy to read and practical, "How to Deal with Stress, 3rd edition" will put you back in charge of your life. Written by two internationally-recognized experts in the field of stress management, Cooper and Palmer provide a thorough understanding of the psychological causes of stress and the resulting physical effects, enabling you to build your own personal plan, improve well-being and enhance your performance at work. Full of insight and examples from real people, a brand new chapter provides a practical worksheet to help you develop your problem solving skills and reduce stress day-to-day. Crammed full of techniques on how to deal with stressed employees and colleagues, "How to Deal with Stress" will help you achieve the ultimate long term goal.

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