



How to Deal With Stress

By Palmer, Stephen/ Cooper, Cary

Kogan Page Ltd, 2013. Paperback. Book Condition: New. 3. 13.97 x 21.59 cm. "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" -- Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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