

Stress in the Spotlight: Managing and Coping with Stress in the Workplace

B. Claridge, C. Cooper



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Stress in the Spotlight: Managing and Coping with Stress in the Workplace B. Claridge, C. Cooper Based upon interviews with individuals in high pressure positions, from business leaders to a bomb disposal expert, this book provides practical insight about how to identify, tackle and overcome any kind of stress.



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