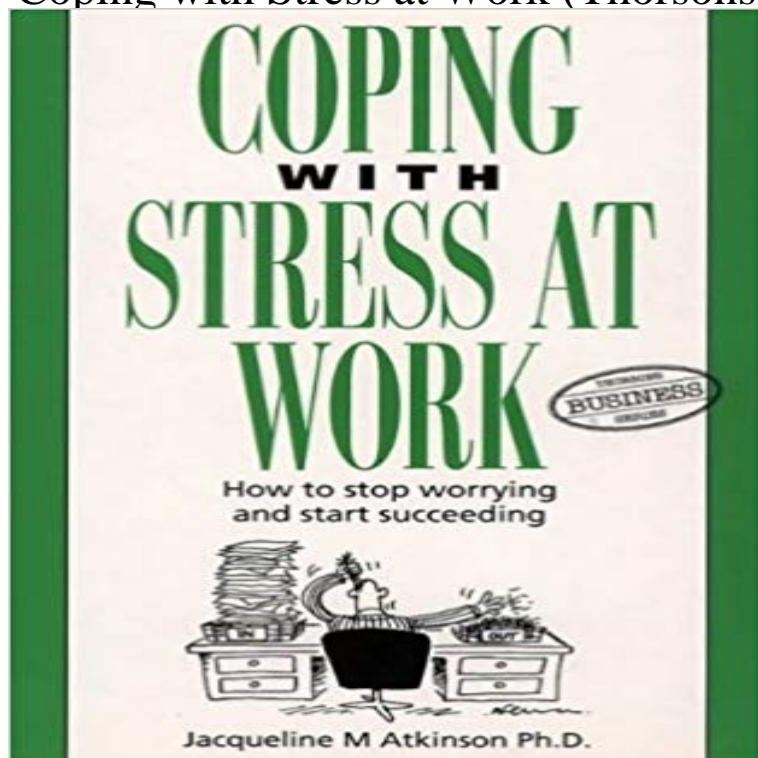


## Coping with Stress at Work (Thorsons Business)



This is a self-help guide to managing stress in a working environment which aims to show how anyone can deal with stress in a way which both suits them and which is appropriate to their circumstances. The book discusses ways of coping with stress and potential stressors by focusing on the two complimentary issues of attitude and skill. The reader is encouraged to examine and challenge his beliefs and develop new ways of thinking as well as dealing with such items as more efficient time management. The author gives general principles of staying healthy - work-related stress can lead to a range of physical and mental health problems but also deals with specifics such as time management, communication problems, difficulties in work roles and relationships.

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