



Stress Management

By Richard Pettinger

John Wiley and Sons Ltd, United Kingdom, 2002. Paperback. Book Condition: New. 170 x 124 mm. Language: English . Brand New Book. Fast track route to mastering all aspects of stress management Covers all the key techniques for reducing stress in yourself and your organization, from managing conflict to dealing with bullying and discrimination, and from ensuring a safe physical environment to improving labour relations Examples and lessons from businesses that have successfully tackled stress, including Nike, Sony and Semco Inc, and ideas from the smartest thinkers, including Elaine Sternberg and Charles Handy Includes a glossary of key concepts and a comprehensive resources guide ExpressExec is a unique business resource of one hundred books. These books present the best current thinking and span the entire range of contemporary business practice. Each book gives you the key concepts behind the subject and the techniques to implement the ideas effectively, together with lessons from benchmark companies and ideas from the world s smartest thinkers. ExpressExec is organised into ten core subject areas making it easy to find the information you need: 01 Innovation 02 Enterprise 03 Strategy 04 Marketing 05 Finance 06 Operations and Technology 07 Organizations 08 Leading 09 People 10...



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