

## Stress Management (Paperback)

### Stress Management

Richard Pettinger

Feel back ready to mastering all aspects of stress management

Covers all the key techniques for reducing stress to yourself and your organization, from managing conflict to dealing with bullying and discrimination, and from ensuring a safe physical environment to improving internal relations

Examples and lessons from businesses that have successfully tackled stress, including Nike, Sony and Sainsbury, and ideas from the world's best thinkers, including Steve Jobs and Charles Handy

Includes a glossary of key concepts and a comprehensive resource guide

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### Book Review

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