

Organizational Stress Management: A Strategic Approach

A. Weinberg, V. Sutherland, C. Cooper

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Organizational Stress Management: A Strategic Approach A. Weinberg, V. Sutherland, C. Cooper Including practical advice on how to conduct a stress audit and how to target stress 'hot spots' within an organization, Organizational Stress Management provides a fresh strategic model for the manager concerned with the negative effects stress can have both on company performance and the quality of life of individuals at work.



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