

Overcoming Your Workplace Stress - Martin R. Bamber

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Occupational stress affects millions of people every year and is not only costly to the individual - in terms of their mental and physical health - but also results in major costs for organisations due to workplace absence and loss of productivity. This Cognitive Behaviour Therapy (CBT) based self-help guide will equip the user with the necessary tools and techniques to manage work related stress more effectively. Divided into three parts, this book will help you to: understand occupational stress learn about a range of methods to reduce stress levels develop your own self-help plan. Overcoming Your Workplace Stress is written in a straightforward, easy-to-follow style, allowing the reader to develop the necessary skills to become their own therapist. Author: Bamber, Martin R. Publisher: Routledge Illustration: N Language: ENG Title: Overcoming Your Workplace Stress Pages: 00256 (Encrypted EPUB) / 00256 (Encrypted PDF) On Sale: 2011-05-27 SKU-13/ISBN: 9780415556613 Category: Psychology : Psychotherapy - Counseling Category: Business & Economics : Human Resources & Personnel Managemen Category: Psychology : Mental Health

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