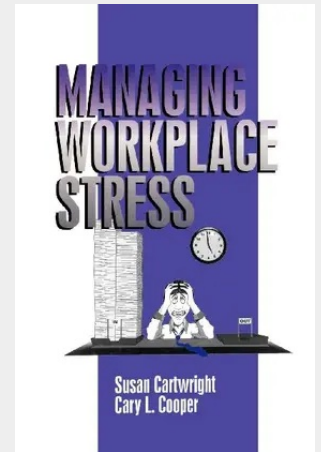


Managing Workplace Stress

The book does well in several respects: First, it presents a broad but integrated view of the workplace as a source of stress. Second, it is thorough treatment of the topic of job stress and is well-referenced. Finally, it contains a clear description of the importance of organizational culture/climate as influencing perceived stress, a topic missing in many books. --Lawrence Murphy, Senior Research Psychologist, National Institute for Occupational Safety and Health Stress in the workplace is on the rise, resulting in higher rates of absenteeism, reduced productivity, and increased health compensation claims. Managing Workplace Stress examines the cause of this increase in work-related stress, with a particular emphasis on stress created by organizational changes including redesigning of jobs, reallocations of roles and responsibilities, and the accompanying job insecurities. It highlights the everyday stressors likely to impact managers and employees, such as working with difficult people and managing increased workloads. This insightful new volume also offers useful and practical strategies for dealing with these situations.

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