



Stress Pocketbook (2nd Revised edition)

By Mary Richards, Phil Hailstone

Management Pocketbooks. Paperback. Book Condition: new. BRAND NEW, Stress Pocketbook (2nd Revised edition), Mary Richards, Phil Hailstone, Learning to manage stress at work benefits both the individual and the organisation. "The Stress Pocketbook", now in its second edition, is full of practical advice on ways to manage your own stress, and how to help others. Emphasis is on what to do rather than on theory. The book was voted 'best of its kind' by the "Management Today" journal in a review of similar publications. It commented: 'A user-friendly guide to stress management. The simple, quick-fire descriptions of common workplace situations are useful. Well worth keeping handy'. "Stress News" said of the "Pocketbook": 'Although small, it manages to pack a tremendous amount of useful information and tips into its seven sections. A really useful adjunct to any stress management or stress counselling programme. As it costs so little it could be included in the price of the course or sessions'. The new 2nd edition of this popular title has been significantly expanded and many new illustrations added.



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Reviews

The book is great and fantastic. It is rally exciting throgh reading time period. I am pleased to let you know that this is basically the greatest ebook i actually have go through inside my very own life and may be he best book for possibly.

-- **Mr. Hyman Ankunding DDS**

A must buy book if you need to adding benefit. It is actually writter in basic phrases and never difficult to understand. I found out this book from my dad and i advised this publication to find out.

-- **Miss Camila Schuppe III**

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Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



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Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



My Windows 8.1 Computer for Seniors (2nd Revised edition)

Pearson Education (US). Paperback. Book Condition: new. BRAND NEW, My Windows 8.1 Computer for Seniors (2nd Revised edition), Michael Miller, Easy, clear, readable, and focused on what you want to do Step-by-step instructions for the tasks you care about most Large, full-color,...



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Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to sharpen their skills and don't mind...



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