



## 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

*It is one of the most popular publications. It really is written in easy words and not difficult to understand. You are going to like how the author writes this book.*

-- Prof. Evans Balistreri DDS

*Completely essential go through book. This is for all who state there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Lydia Legros