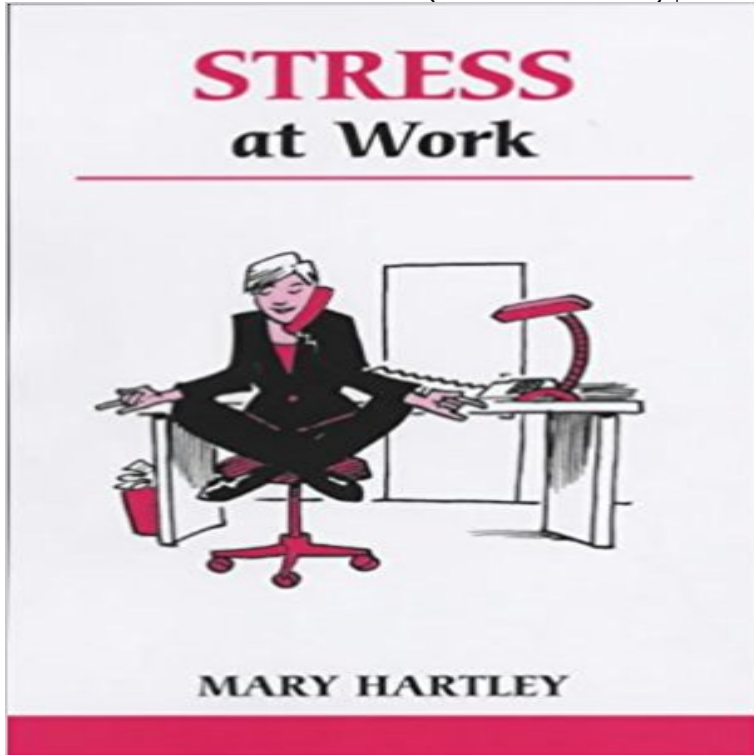


# Stress At Work: A Workbook to Help You Take Control of Work-Related Stress (Overcoming Common Problems)



For many people the workplace is a source of stress, others have other pressures which they have to cope with within the work environment. This is a practical guide, full of case-histories and exercises, which suggests different ways of reacting to pressure (and how to manage other peoples).

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