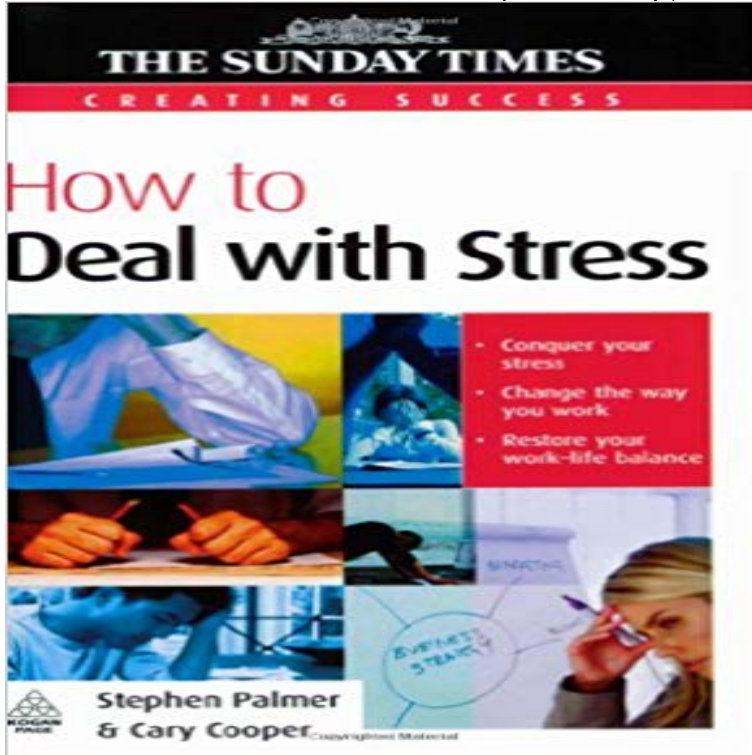


How to Deal with Stress (Creating Success)



Forty per cent of US workers describe their job as very or extremely stressful, according to the National Institute for Occupational Safety and Health. Job-related stress can have painful effects, both psychological and physiological, but it can be managed and controlled with the aid of a few straightforward techniques. How to Deal with Stress takes a practical approach to the problem of rising stress levels. With advice on managing one's behavior and attitude, it helps stressed-out workers reduce stress levels in and out of the workplace. Readers will be able to assess their own level of stress, benefiting their social relations, their work environment, and their health.

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