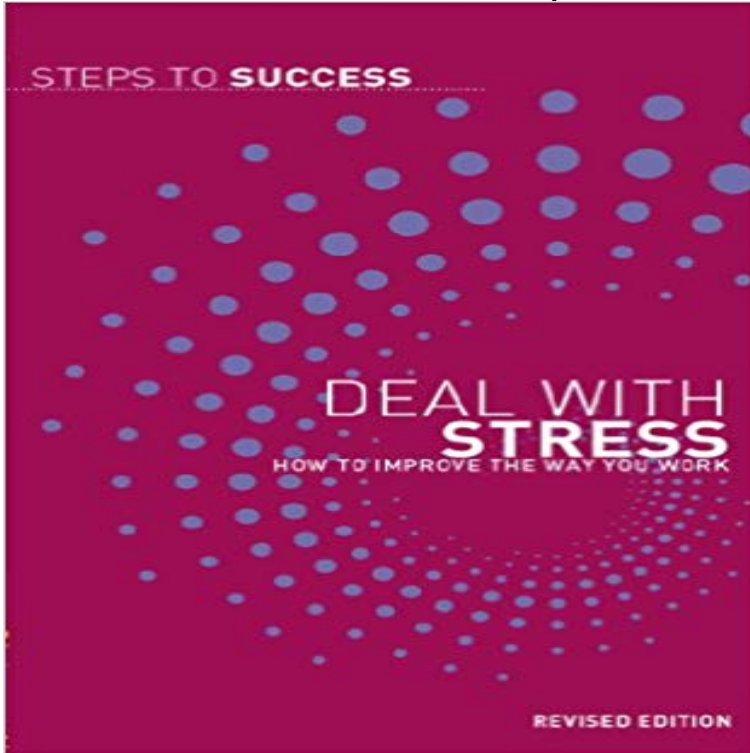


Deal with stress: How to improve the way you work (Steps to Success)



While it's said that a little stress is good for you, too much can damage your health, your performance at work, and your relationships. With a self-assessment quiz, step-by-step action points, top tips, common mistakes and advice on how to avoid them, summaries of key points, and lists of handy resources, the now fully revised and updated Deal with stress will help you understand the causes, recognise the symptoms, and find the right answers to put you back in control. You will find practical solutions and advice on combating stress and reaching a good work-life balance.

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