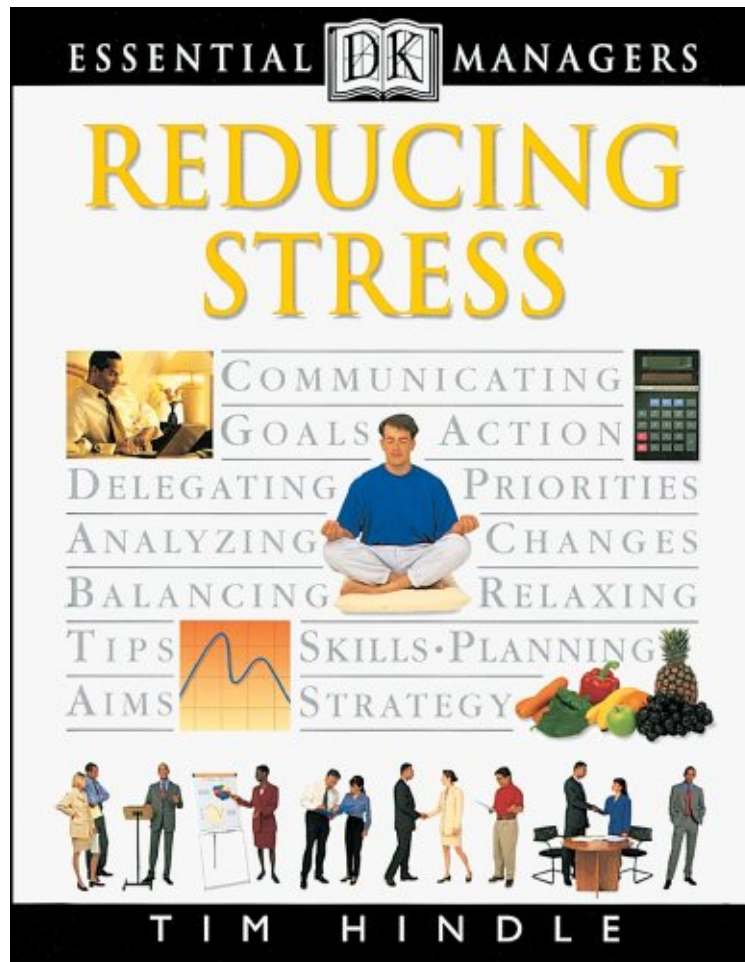


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DK Essential Managers: Reducing Stress

Tim Hindle

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Tim Hindle : DK Essential Managers: Reducing Stress before purchasing it in order to gauge whether or not it would be worth my time, and all praised DK Essential Managers: Reducing Stress:

0 of 0 people found the following review helpful. Emotional despair? Reduce Stress! By Ilaxi S. Patel How Stressed Are You? This is the first question arising in today's Tech times. World Health Organization has predicted that by 2020, depression will be the greatest burden of ill health in the developing world and will be the second largest cause of death and disability!!!! One wonders but sure this book has a great indepth dose of Reducing Stress pills of info with analysis Quiz on Page 16 that actually lets one recognize existence of stress and later reducing it. In Analyzing the causes of Stress, society, the working world and daily life have changed almost beyond recognition in the past 50 years and these changes have contributed to a major increase in stress, says the author. Many factors add fuel to blown minds as we deal coping with daily life. The book has cool tips on Getting Organized in life itself, manage time, check the attitudinal traits, taking out time to relax, understanding personality types, building better relationships and check Health. Emotional despair is a major health disorder and so, before it's late, check those Stress flaws and learn to use

mind power through Tim Hindle's book on 'Reducing Stress' - a Good Pick. 2 of 2 people found the following review helpful. This could help anyone in the workplace! By Rebecca of Some of these manager books are not just for managers. They could be read and enjoyed by all employees. Of all the books I have read, this one seems to be the most wide ranging and could help everyone in your office. Let's admit it. Work and life in general can be stressful. How we cope with stress can be a key to our success. This book will show you how to reorganize your work practices. It also explains how thinking positively can reduce stress. "Make sure your home office is separate from your living space." -pg 25 Well, I fail that one. "Start each day stress-free by straightening up the night before." -pg. 40 This works! Learning to say no is something I really have to work on. Some people do find it difficult to say no because they are afraid of causing offense. Sometimes you just have to be assertive, after all, it is your life! There is a section on making a time to relax. there are exercises and relaxation techniques you can use and this makes the book very practical. Deep breaths, deep breaths....there, see you feel so much better now. If anything helps, breathing will! ~The Rebecca Review 0 of 0 people found the following review helpful. Do you feel healthier when you call in sick? By J. Arena If you wake up every morning trying to figure out yet another excuse to call in sick to work so that you can take your brain off the hook for a while and allow your emotions a few hours to heal -- this book is for you. (Especially if you're the kind of person who gets up and goes in no matter how awful you feel!) Of course, it just might be that you need another job more than you need this book! However, the truth is that no matter where you go -- there you are! Stress follows you from one job to another. There's always another crazy co-worker. The people on the subway or highway will be every bit as crazy no matter what workplace you are headed for. What to do? Learn to handle the stress and reduce it with the tools in Reducing Stress (DK Essential Managers.) Whether you are in management or the lowest person on the corporate ladder, you'll find this book to be a useful tool for life. It's simple, to the point, and addresses issues that will change your life.

Learn all you need to know about coping with stress in the workplace, from identifying the causes and symptoms of stress to monitoring your response to pressure and implementing coping strategies. Reducing Stress shows how to reorganize your work practices and think positively, plus it also provides practical techniques to use when dealing with potential problem areas. Power tips help you to handle real-life situations and develop first-class stress-management skills that will dramatically improve your ability to deal with pressure. The Essential Manager have sold more than 1.9 million copies worldwide! Experienced and novice managers alike can benefit from these compact guides that slip easily into a briefcase or a portfolio. The topics are relevant to every work environment, from large corporations to small businesses. Concise treatments of dozens of business techniques, skills, methods, and problems are presented with hundreds of photos, charts, and diagrams. It is the most exciting and accessible approach to business and self-improvement available. Learn to minimize your stress level -- both at the office and at home -- to maximize your productivity and happiness.

About the Author Robert Heller is a leading authority on management consulting. He was the founding editor of Management Today, and as editorial director of Haymarket Publishing Group, he supervised the launch of a number of highly successful magazines including Campaign and Computing. He is founder of the Working Words, a consulting firm specializing in business communications. He has been a contributor experienced and novice managers alike will be relevant to every work environment, from large corporations to small businesses.