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# STRESS MANAGEMENT



John Wiley and Sons Ltd, United Kingdom, 2002. Paperback. Book Condition: New. 170 x 124 mm. Language: English . Brand New Book. Fast track route to mastering all aspects of stress management Covers all the key techniques for reducing stress in yourself and your organization, from managing conflict to dealing with bullying and discrimination, and from ensuring a safe physical environment to improving labour relations Examples and lessons from businesses that have successfully tackled stress, including Nike, Sony and Semco...

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- Released at 2002



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