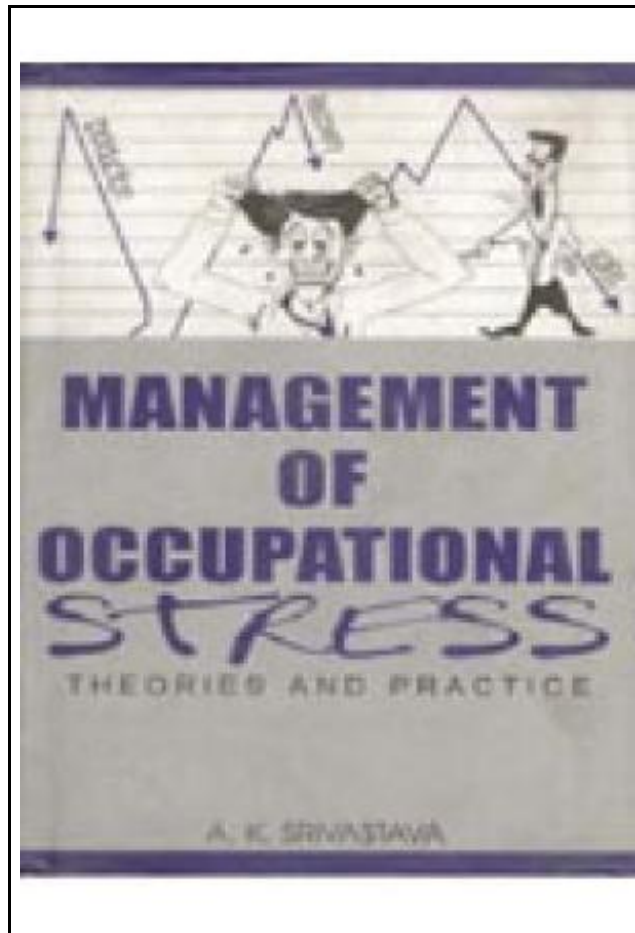


Management of Occupational Stress: theory And Practice



Filesize: 3.42 MB

Reviews

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases rather than difficult to understand. Your life period is going to be change the instant you total reading this ebook.

(Letha Okuneva)

MANAGEMENT OF OCCUPATIONAL STRESS: THEORY AND PRACTICE



1999. Hardcover. Book Condition: New. 237 This book is primarily meant for stress management practitioners and stress researchers. It provides basic information of the concept, sources and consequences of occupational stress in separate sections. The book covers strategies to prevent role stress at individual (cognitive, behavioural and physiological) and organization levels to therapeutic treatment of stress disorders, along with the procedural elaboration of various intervention strategies, the related theoretical concepts and relevant researches, and some guidelines for making effective application of various techniques. Contents:- Preface Conceptual Perspective Sources of Occupational Stress Consequences of Occupational Stress Management of Occupational Stress Eliminating or Mitigating Organizational Stressors Coping with Occupational Stress Moderating Occupational Stress and Strains Therapeutic Treatment of Stress Disorders Some Related Issues and Suggestions Appendix- I Occupational Stress Index Appendix- II Functional Job Stress Scale (Short Form) Appendix - III Stress Symptoms Inventory Appendix - IV Job Anxiety Scale Appendix - V Stres-Resistant Cognitive Behavioural Patterns Scale Appendix - VI Coping Strategies Scale Bibliography Index The Title 'Management of Occupational Stress: theory And Practice written by A.K. Srivastava' was published in the year 1999. The ISBN number 9788121206662 is assigned to the Hardcover version of this title. This book has total of pp. 237 (Pages). The publisher of this title is Gyan Publishing House. This Book is in English. The subject of this book is Management / Psychology Language: English.



Read Management of Occupational Stress: theory And Practice Online



Download PDF Management of Occupational Stress: theory And Practice

Relevant Kindle Books



Kidz Bop - A Rockin' Fill-In Story: Play Along with the Kidz Bop Stars - and Have a Totally Jammin' Time!

Adams Media. PAPERBACK. Book Condition: New. 144050573X.

[Read PDF »](#)



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read PDF »](#)



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read PDF »](#)



Free Stuff for Crafty Kids on the Internet by Judy Heim and Gloria Hansen 1999 Hardcover

Book Condition: Brand New. Book Condition: Brand New.

[Read PDF »](#)



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

[Read PDF »](#)