



DOWNLOAD



Overcoming Your Workplace Stress: A CBT-based Self-help Guide

By Martin R. Bamber

Taylor & Francis Ltd. Paperback. Book Condition: new. BRAND NEW, Overcoming Your Workplace Stress: A CBT-based Self-help Guide, Martin R. Bamber, Occupational stress affects millions of people every year and is not only costly to the individual - in terms of their mental and physical health - but also results in major costs for organisations due to workplace absence and loss of productivity. This Cognitive Behaviour Therapy (CBT) based self-help guide will equip the user with the necessary tools and techniques to manage work related stress more effectively. Divided into three parts, this book will help you to: * understand occupational stress * learn about a range of methods to reduce stress levels * develop your own self-help plan. Overcoming Your Workplace Stress is written in a straightforward, easy-to-follow style, allowing the reader to develop the necessary skills to become their own therapist.



READ ONLINE

[9.29 MB]

Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dana Hintz**

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- **Elisa Reinger**