



# Stress in the Spotlight: Managing and Coping with Stress in the Workplace

Claridge, Cooper

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## Stress in the Spotlight: Managing and Coping with Stress in the Workplace

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Stress in the Spotlight: Managing and Coping with Stress in the Workplace Claridge, Cooper Based upon interviews with individuals in high pressure positions, from business leaders to a bomb disposal expert, this book provides practical insight about how to identify, tackle and overcome any kind of stress.



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