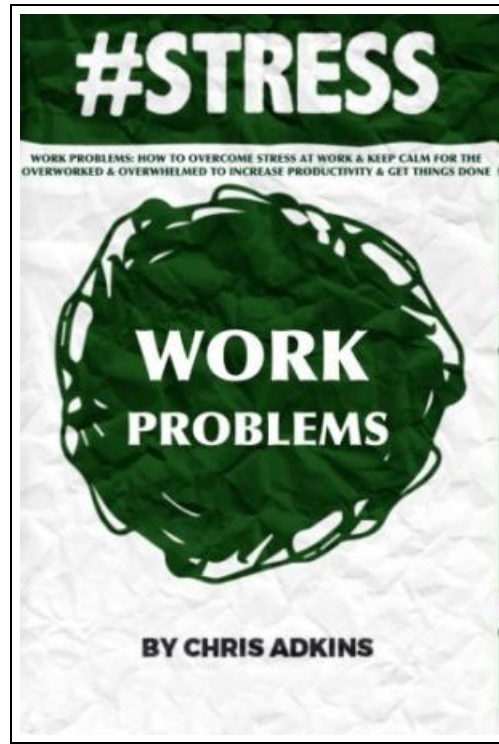


Stress: Work Problems: How to Overcome Stress at Work and Keep Calm for the Overworked and Overwhelmed to Increase Productivity and Get Things Done



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.#STRESS: Work Problems: How To Overcome Stress At Work And Keep Calm For The Overworked And Overwhelmed To Increase Productivity And Get Things Done How can anybody make the most stressful job in the world stress-free and fulfilling without applying radical changes? Stress is the biggest single cause of illness in the United States, affecting two in every 10 employees, from the overwhelmed new recruits to the busiest company executives. It is a major cause of company losses in the country amounting to \$1.9 billion a year due to absenteeism; yet, most people still fail to manage stress completely in their workplaces resulting to lower productivity, lots of delays, and unfocused performance. What most employees dismiss as a normal part of holding a career actually spurs the most trivial of symptoms, such as mood swings, to the most serious ones, such as hypertension and erectile dysfunction. The question remain, however, Why do most employees fail to take stress management at work seriously? Overwhelming tasks often lead to overwhelming stress, but that does not always have to be the case. Constant stress usually leads to confusion, but overlook it and it might damage your memory for good. Most distressed people demonstrate changes in eating habits, but subject yourself to the same evitable emotions and you might end up with a clinical depression. Stress always starts small, but taking it for granted will allow it to grow bigger, affecting how your life goes in and out of the workplace. There is no better way to beat stress, but to practice avoidance and adaptation to your primary stressors. This book addresses exactly that by showing how stress starts and aggravates at...

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