



Is Your Job Making You Ill?: How to survive and thrive when it happens to you (Paperback)

By Dr. Ellie Cannon

Little, Brown Book Group, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. An incredibly helpful guide Jonny Benjamin MBE Groundbreaking . . . so relatable given the current way we approach our work Amy Wall, Woman s Way What happens when the effects of work are far more detrimental to your wellbeing than a simple case of Sunday-night blues? Whether you re suffering from work-induced high blood pressure, depression, migraines, or panic attacks, Dr Ellie Cannon has the answer - and it s not quitting your job. We all have a moan about going to work: groaning about getting on the bus in the rush hour, counting down to the weekend. A gripe here and there is understandable and expected, but what happens when your job is making you mentally or physically unwell? When you are in this situation, it can be very difficult to know where to turn, who to speak to or where to find good quality help and advice. In Is Your Job Making You Ill?, Dr Ellie Cannon uses her decade of experience treating patients to create an essential resource for anybody suffering from job-related ill-health. Part one of the book lays...



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