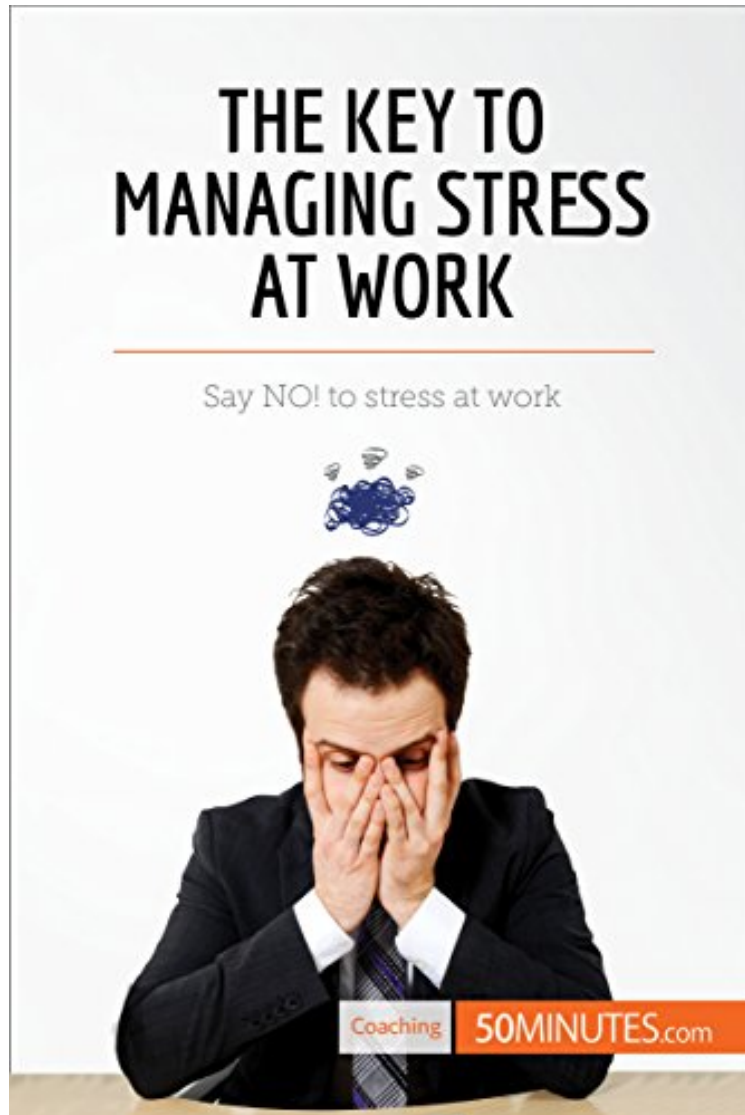


(Mobile book) The Key to Managing Stress at Work: Say NO! to stress at work (Coaching Book 13)

## The Key to Managing Stress at Work: Say NO! to stress at work (Coaching Book 13)

50MINUTES.COM

audiobook / \*ebooks / Download PDF / ePub / DOC



DOWNLOAD



READ ONLINE

#2359677 in eBooks 2015-08-17 2015-08-17File Name: B014175S9K | File size: 16.Mb

**50MINUTES.COM : The Key to Managing Stress at Work: Say NO! to stress at work (Coaching Book 13)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Key to Managing Stress at Work: Say NO! to stress at work (Coaching Book 13):

Ready to take your career to the next level? Find out everything you need to know about managing stress at work with

this practical guide. Stress is a natural part of life, and we have all experienced it at some point. However, if you are unable to control it, it can lead to frustration, a feeling of being overwhelmed and even burnout. Fortunately, there are a number of simple steps you can take to reduce the effects stress has on you and turn it into a constructive force that drives you to perform at your best. In 50 minutes you will be able to:

- Find out what makes you stressed and eliminate the factors that trigger stress
- Control how you react to stress and pressure at work
- Analyse and understand your behaviour in stressful situations

ABOUT 50MINUTES.COM | COACHING

The Coaching series from the 50Minutes collection is aimed at all those who, at any stage in their careers, are looking to acquire personal or professional skills, adapt to new situations or simply re-evaluate their work-life balance. The concise and effective style of our guides enables you to gain an in-depth understanding of a broad range of concepts, combining theory, constructive examples and practical exercises to enhance your learning.