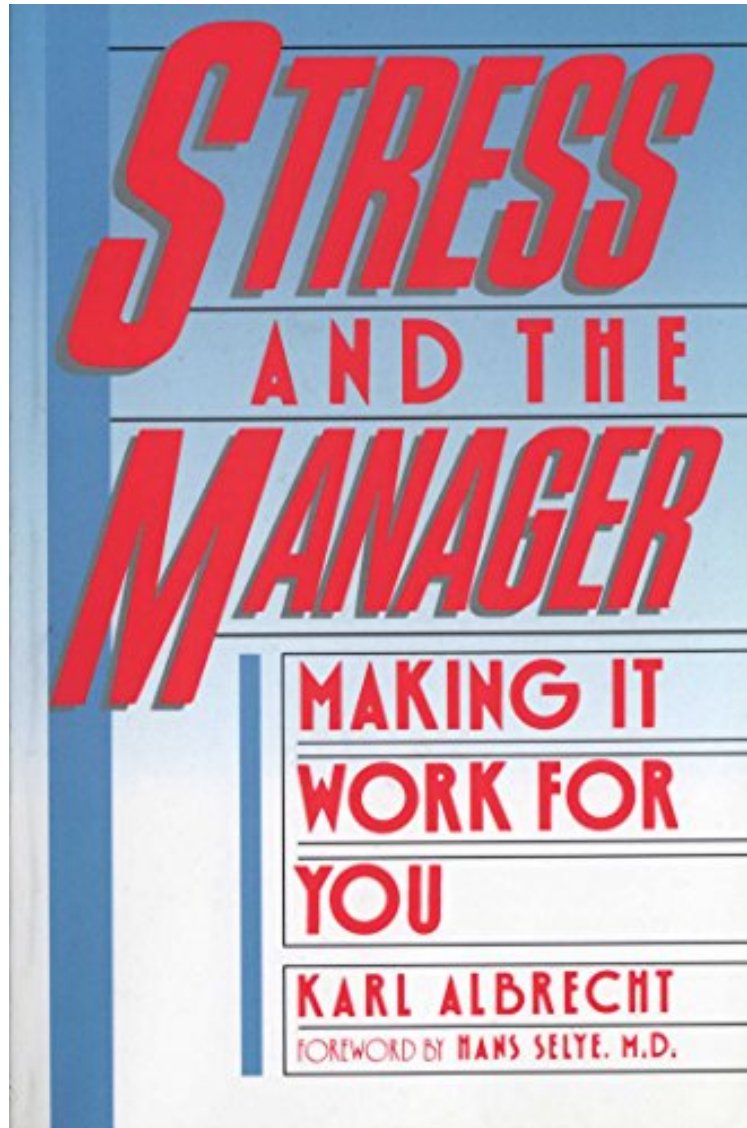


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Stress and the Manager (Touchstone Books (Paperback))

Karl Albrecht

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Karl Albrecht : Stress and the Manager (Touchstone Books (Paperback)) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stress and the Manager (Touchstone Books (Paperback)):

0 of 0 people found the following review helpful. Reduce your stress and enjoy life moreBy Adao SilvaDr. Karl Albrecht discusses three health principles in this book. One thing caught my attention ndash; he said that stress is perception. Wow! You may face a situation in which there's pressure, but stress in your head, i.e., most stress is self-inflicted.A strength of this book is that it offers a broad range of possible actions you can take to reduce stress. He included self-evaluation exercises to trigger interest and mobilize the reader to change some of his or her noxious

behavior. As a Manager, I find it to be an effective way to avoid frightening my personnel into denial or apathy, as many times happens when I ask them to quit smoking cigarette, for instance. You may be wondering why I wrote this review for a book written so long ago. Allow me ask you this, would you avoid reading the Bible or listening to Ludwig van Beethoven's 9th Symphony in D minor, Op. 125? Of course not. The correct criteria is not time span, rather meaningfulness of content. By the way, if you have been swamped and stressed, perhaps it's time to pick up this book and read it. 0 of 0 people found the following review helpful. from back cover By K Peterson "Chronic stress is fast becoming the epidemic disease of the 20th century, and its symptoms range from indigestion to bleeding ulcers... from discomfort to death." In *Stress and the Manager*, you will see how businesses of all kinds are paying the price of the constantly growing cost of the physical and emotional problems that result from chronic stress. Dr. Albrecht shows how managers can utilize a variety of organizational problem-solving resources to stem the rising financial and personal toll of executive heart attacks, alcoholism, drug abuse, and other employee 'problems' that cost business money and time. "You will also learn how you can on your own avoid self-induced stress, cope with unavoidable environmental stress, change the behavior patterns that make you a candidate for a heart attack, and use the proven techniques in this book to redesign your life for low-stress living."

Ours is a fast paced world. The need to help ourselves and other professional people manage stress has never been greater. This book pioneered the wave of business interest in stress management, based on Karl Albrecht's original work with stress management training. Use *Stress and the Manager* as your own personal guide to managing stress, and as a resource for your managers in training programs on personal effectiveness and stress management. It covers the basic definition of stress, how it effects the body, knowing when stress is harmful and when it is not, and how to manage your life, work, and activities to keep stress within your comfort zone. Also covers techniques for managing that can help others control their stress levels. Dr. Hans Selye, father of the medical theory of stress, says, "I would not hesitate to support this book and will give it a place of prominence in the library of our International Institute of Stress, for all those concerned with management." Provide a copy of *Stress and the Manager* to every one of your managers and team leaders.

About the Author Karl Albrecht is a respected management consultant and executive adviser, strategic thinker, futurist, author, dynamic speaker, and an innovator whose contributions seem to defy labels, categories, and pigeonholes. He is the author of more than twenty books and many articles on professional achievement, organizational performance, and business strategy. His writings include "Social Intelligence: the New Science of Success; Practical Intelligence: the Art and Science of Common Sense; the Mindex Thinking Style Profile; "and "The Social Intelligence Profile."