The Handbook of Stress and Health: A Guide to Research and Practice
Cary Cooper (Editor), James Campbell Quick (Editor)

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**DESCRIPTION**

A comprehensive work that brings together and explores state-of-the-art research on the link between stress and health outcomes.

- Offers the most authoritative resource available, discussing a range of stress theories as well as theories on preventative stress management and how to enhance well-being
- Timely given that stress is linked to seven of the ten leading causes of death in developed nations, yet paradoxically successful adaptation to stress can enable individuals to flourish
- Contributors are an international panel of authoritative researchers and practitioners in the various specialty subjects addressed within the work

**ABOUT THE AUTHOR**

Sir Cary L. Cooper CBE is 50th Anniversary Professor of Organizational Psychology and Health at Manchester Business School. He is the author or editor of more than 160 books on occupational stress, women at work and industrial and organizational psychology, has written over 400 scholarly articles for academic journals, and is a frequent media commentator. He is Founding Editor of the *Journal of Organizational Behavior*, a former Editor-in-Chief of the medical journal *Stress and Health*, Co-editor of
the *Journal of Organizational Effectiveness*, Founding President of the British Academy of Management, Chair of the Academy of Social Sciences, President of Relate, and a Clinical Advisor to Anxiety UK. He was knighted in 2014 for services to social science.

**James Campbell (Jim) Quick** is Distinguished University Professor and holds the Goolsby-J.A. Fouse Endowed Chair at The University of Texas at Arlington. He is also a Professor at Alliance Manchester Business School, University of Manchester. He retired from the US Air Force in 2000 after 25 years of active, commissioned service. He teaches ethics, leadership, and stress management and his current research centers on character and leadership. He is Vice President of the Clan Campbell Educational Foundation, and served on the DOD's Defense Health Board (2008-2011) for his expertise in prevention and psychological health and well-being.

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