Coping with Work Stress: A Review and Critique
Philip J. Dewe, Michael P. O'Driscoll, Cary Cooper

**DESCRIPTION**

*Coping with Work Stress: A Review and Critique* highlights current research relating to the coping strategies of individuals and organizations, and provides best practice techniques for dealing with the growing epidemic of stress and lack of overall well-being at work.

- Reviews and critiques the most current research focusing on workplace stress
- Provides ‘best practice’ techniques for dealing with stress at the workplace
- Extends beyond stress to cover broader issues of well-being at work

**ABOUT THE AUTHOR**

**Philip J. Dewe** is Vice-Master of Birkbeck and Professor of Organizational Behaviour in the Department of Organizational Psychology, Birkbeck, University of London. He is a member of the editorial board of *Work and Stress* and the *International Journal of Stress Management*, and an Associate Editor of the *American Journal of Heath Promotion*.

**Michael P. O’Driscoll** is Professor of Psychology at the University of Waikato, New Zealand. He is the co-author of several books relating to work stress, has served on the editorial boards of several academic journals, and was editor of the *New Zealand Journal of Psychology*, 2001-2006.
Cary L. Cooper, CBE, is Distinguished Professor of Organizational Psychology and Health at Lancaster University. He is also Chair of the Academy of Social Sciences, President of the British Association of Counselling and Psychotherapy, Editor of the journal Stress and Health and was lead scientist on the UK government’s Foresight project on Mental Capital and Wellbeing.