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
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