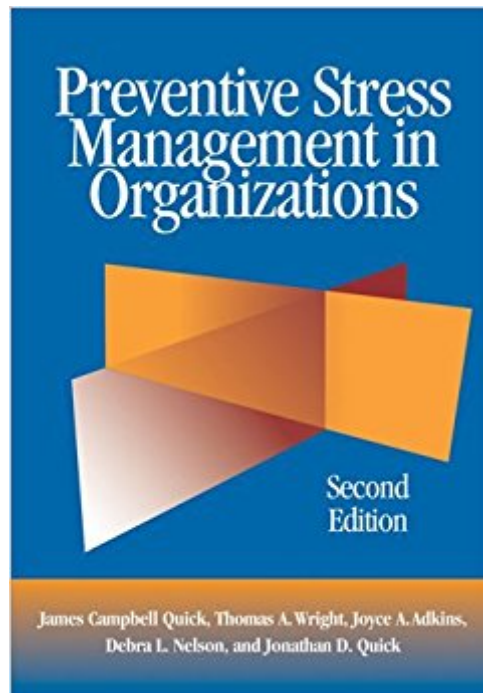




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# Preventive Stress Management In Organizations



## Synopsis

Preventive Stress Management in Organizations, Second Edition offers a comprehensive framework for creating healthy workplaces. Chapters examine individual and organizational sources of stress and their consequences; methods and instruments for diagnosing organizational and individual stress; ways to redesign work and improve professional relationships; and methods for managing demands and stressors. New findings from positive psychology are woven in. Methods designed to proactively enhance health and performance at work while averting the costs and discomfort of distress are explored and illustrated by examples drawn from healthy organizations. Preventive stress management is a philosophy and set of principles grounded in public health, which organizational leaders and consultants can use to help their organization operate to its fullest potential. The approaches outlined in this book may be implemented by leaders in any organization.

## Book Information

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## Customer Reviews

James Campbell Quick, MBA, PhD, is Professor of Organizational Behavior and Goolsby-Fouse Endowed Chair in the Goolsby Leadership Academy at The University of Texas at Arlington and Honorary Professor, Lancaster University Management School, United Kingdom and partner in NelsonQuick Group, LLC. Thomas A. Wright, PhD, is an academic as well as founder and CEO of TKW Consulting Corporation specializing in finding innovative, positive solutions to employee stress management, health, well-being and character development. Joyce Adkins, PhD, MPH, is an occupational health psychologist with 28 years of military service in clinical, policy, human factors,

and executive positions in the U.S. Department of Defense. She was instrumental in establishing landmark programs in clinical and community psychology, occupational health and safety, deployment health, suicide prevention and health risk communication. Debra L. Nelson, PhD, is The Spears School Associates' Distinguished Professor of Management at Oklahoma State University and author of over 100 research articles focusing on work stress, gender issues in the workplace, and leadership, and president of NelsonQuick Group, LLC. Jonathan D. Quick, MD, MPH, a family physician and health management specialist, is the President and CEO of Management Sciences for Health (MSH), a non-profit global health consultancy working to develop local health leadership and sustainable health systems in over 60 countries in Africa, Asia, Latin America and the Middle East.

I chose this rating because the book was as described and it explains concepts well without going into too much detail. I would recommend this book to anyone who wants to learn about stress and how to control it from the management level. It doesn't go into detail about how individuals can manage stress, but it's a good way to learn about the consequences of stress and how important it is for companies to find solutions for stress on the job.

This text has some great ideals but fails to realize in America companies for the most part find most of their employees disposable. I realize there may be a few exceptions, but without a way to get traction into corporate America then this text is only a pipe dream.

Preventive Stress Management in Organizations by James Campbell Quick has been very informative for a class in college. But, any manager should pick up the book and give it a read to help save money, lost time at work and make a happier work place.

Great on time

Book in great condition

Excelente livro para profissionais que atuam em manejo do estresse ocupacional. Armando Ribeiro das Neves Neto. Sao Paulo, Brazil.

This book is an excellent resource for both the practitioner and the researcher with an interest in

occupational stress. As a stress researcher, I have referred to this book many times and my questions are almost always answered. In addition, it has an unusually extensive reference listing that covers virtually the entire spectrum of academic literature in the field of occupational stress. This book adds real value.

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