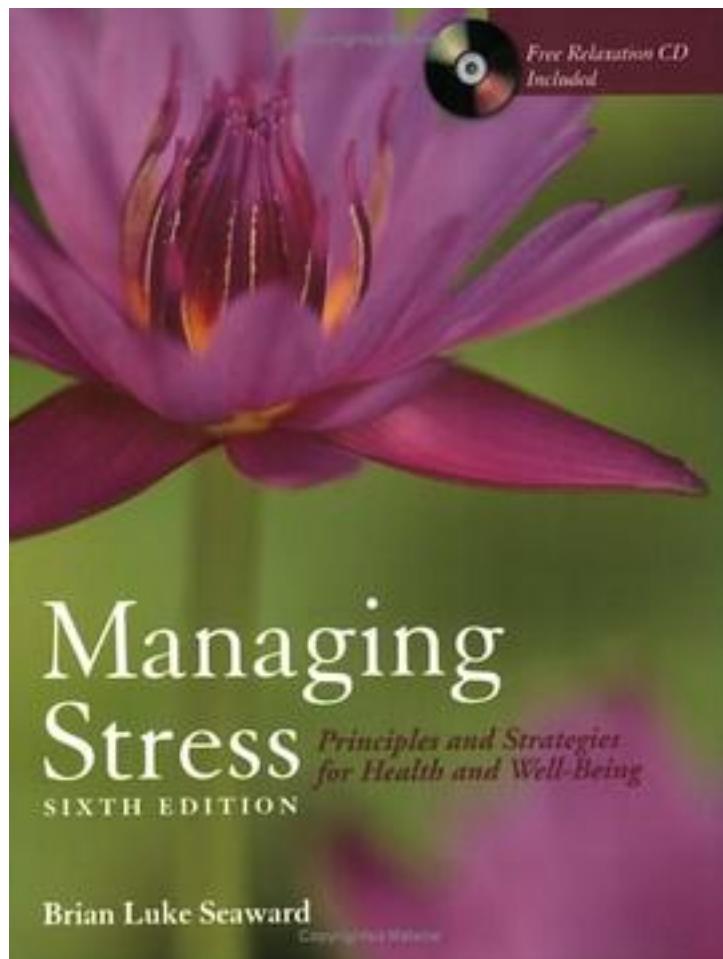


Managing Stress



[Managing Stress_下载链接1](#)

著者:Harvard Business School Press

出版者:

出版时间:2007-10

装帧:

isbn:9781422118757

Stress in the workplace can't ever be completely eliminated, but it can be managed so that you can function in a healthy and effective way. Managing Stress will give you practical, hands-on suggestions for managing workplace stress, from short term fixes

to long-term methods for changing the situation and or changing your response to the situation.

作者介绍:

目录:

[Managing Stress_下载链接1](#)

标签

压力管理

评论

[Managing Stress_下载链接1](#)

书评

[Managing Stress_下载链接1](#)