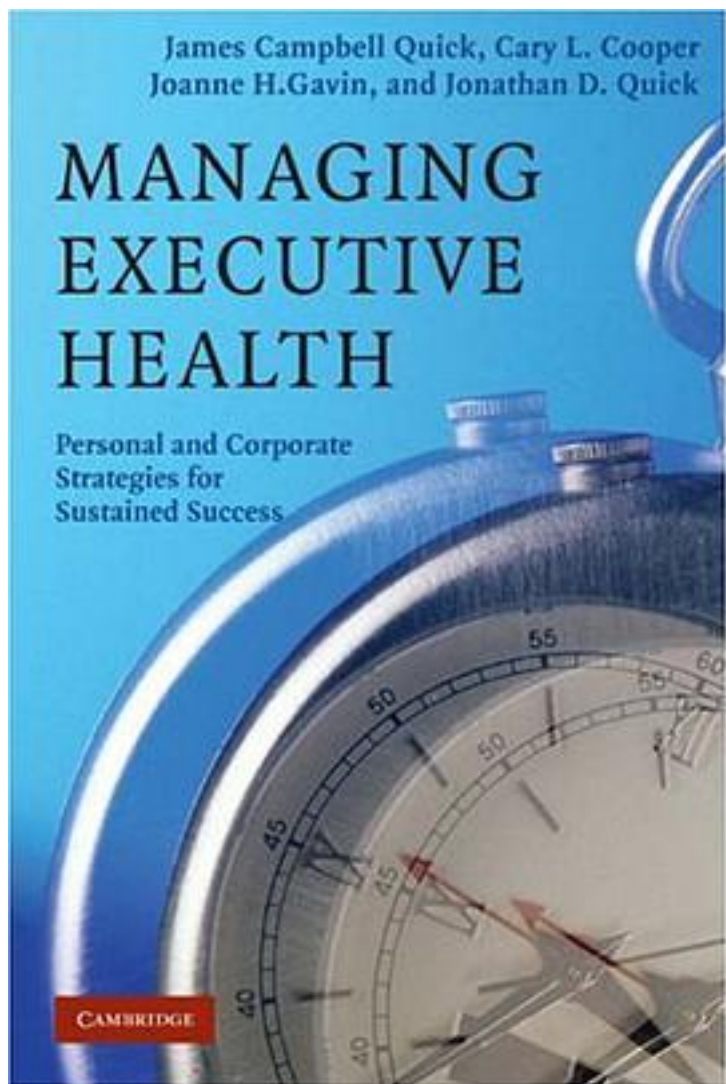


# Managing Executive Health



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The health of managers, executives, and business leaders has a massive impact on the performance and prospects of modern organizations. If health problems are not tackled, people become less productive, less effective, and more destructive. It is clear that business leaders and human resource professionals cannot afford to ignore the impact of work-related health issues on company performance. Yet even acknowledging this fact still leaves us with a choice over how to proceed. Should we try to minimize those risks that typically lead to health problems or seek to strengthen executive health? While recognising that identifying health risks is the first step in any preventive health program, Managing Executive Health argues for a positive approach, which emphasizes physical vigour, psychological well-being, spiritual vitality, and ethical integrity. Key issues are illustrated throughout with case studies of high-profile figures from the worlds of business and politics.

作者介绍:

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