



# What's all this about Stress (Tudor Business Publishing)

*Brenda Davison*

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**What's all this about Stress (Tudor Business Publishing)** Brenda Davison

We are living in an age of unprecedented change. Modern life makes enormous demands on individuals, increasing the likelihood of excessive stress and its related problems. This book analyses the cause and symptoms of stress, its effects on the mind and body and outlines a range of strategies for stress management. These practical techniques will be of interest to anybody who wishes to gain control of their life, improve its quality, and to enhance performance in the workplace. The contents include: Recognising and defining stress; demystifying coping with stress; stress and pressure; change and stress in the real world; case studies of ordinary and professional people; stress and life expectancy; change and stress in the modern business world.

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