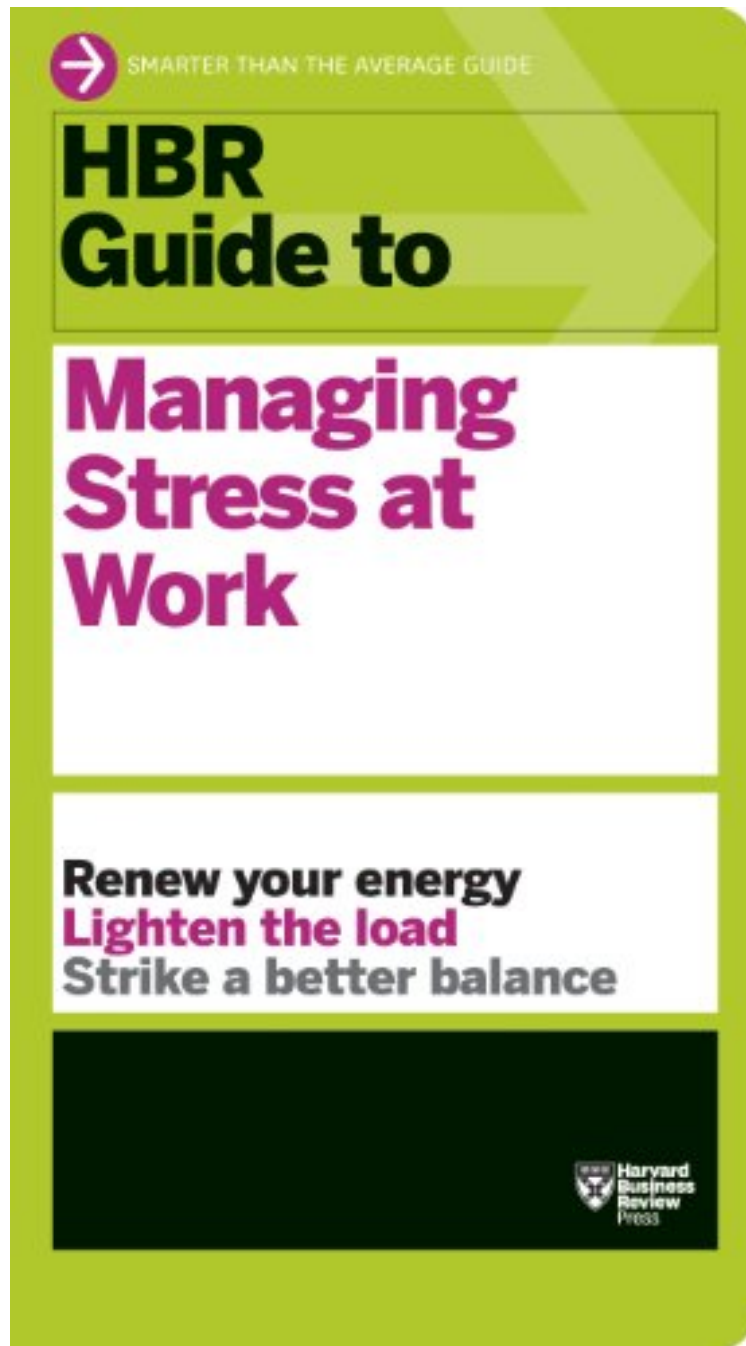


(Download pdf) HBR Guide to Managing Stress at Work

HBR Guide to Managing Stress at Work

Harvard Business Review

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Harvard Business Review : HBR Guide to Managing Stress at Work before purchasing it in order to gauge whether or not it would be worth my time, and all praised HBR Guide to Managing Stress at Work:

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This book is a collection of many articles posted on HBR's blog and website, some of which are abridged. The impact of this book will be dependent on what point you are in your career and what you need. There is useful info in this book on a variety of topics, but I found the few parts that were germane to my current career (library director, rural small library) basic and trite. I could have been fine just reading these articles off of their website.
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A good collection of papers. Not "life changing" but does provide some practical guidance, recommended reading.
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Great book!!!

Are you suffering from work-related stress? Feeling overwhelmed, exhausted, and short-tempered at work and at home? Then you may have too much stress in your life. Stress is a serious problem that impacts not only your mental and physical health, but also your loved ones and your organization. So what can you do to address it? The HBR Guide to Managing Stress at Work will help you find a sustainable solution. It will help you reach the goal of getting on an even keel and staying there. You'll learn how to:
• Harness stress so it spurs, not hinders, productivity
• Create realistic and manageable routines
• Aim for progress, not perfection
• Make the case for a flexible schedule
• Ease the physical tension of spending too much time at your computer
• Renew yourself physically, mentally, and emotionally

About the Author
For over 30 years, Bob has worked with Senior Executive Teams and Boards on their most vital strategic and organizational challenges, both as a consultant and a corporate executive. He is considered one of the world's leading strategic facilitators, having designed and conducted offsites in sixteen countries with companies ranging from Fortune 10 multinationals to German mittelstand family businesses.
Bob is the author of four Harvard Business articles: Off-Sites That Work (June 2006, co-authored with Logan Chandler), When Teams Can't Decide (November 2008), Who Really Makes The Big Decisions in Your Company? (December 2011), and Leadership Summits That Work (March 2015, co-authored with Cary Greene). HBR named When Teams Can't Decide one of ten 'must read' articles on teams