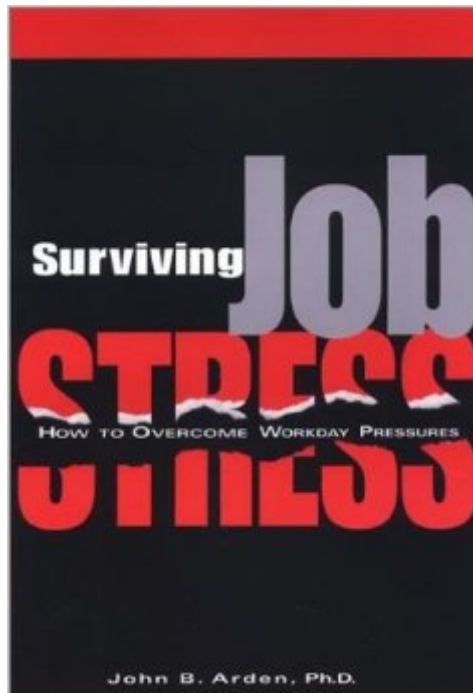


The book was found

Surviving Job Stress: How To Overcome Workday Pressures



Synopsis

This is a powerful, practical guide. Written in an easy-to-read style, it offers invaluable help in recognizing, controlling, and living with job stress. Each of its 19 chapters includes vignettes of people with specific symptoms of job stress. And since stress on the job may intensify the progression of other diseases or conditions, Dr. Arden explores the interaction between job stress and medical problems including diabetes, thyroid conditions, Meniere's Disease, and many more. Throughout the book, helpful charts and lists illustrate and sum up critical information about the best ways to adapt to job stress. A chapter on medication describes the common effects and the side effects, and gives the typical dosages for a variety of drugs. The chapter on nutrition includes the major amino acids found in various foods and their effects on mood and cognition. This is the book that will help you cope with stress in the workplace and minimize its negative effects.

Book Information

Paperback: 224 pages

Publisher: Career Press (May 2002)

Language: English

ISBN-10: 156414609X

ISBN-13: 978-1564146090

Product Dimensions: 9 x 6 x 0.5 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #3,049,631 in Books (See Top 100 in Books) #90 in [Books > Business & Money > Business Culture > Health & Stress](#) #3788 in [Books > Business & Money > Business Culture > Ethics](#) #10069 in [Books > Business & Money > Job Hunting & Careers > Guides](#)

Customer Reviews

This straightforward book helps readers understand the overwhelming feelings associated with anxiety and the working environment. It has more helpful coping strategies than most books of its kind on the market. The book contains a wide range of topics: causes of anxiety, coping with attacks, nutrition, psychological approaches, relaxation, holistic and pharmaceutical treatments. The short chapters make it agreeable to busy schedules. I highly recommend this book to anyone who wants to make a positive change in his or her life.

I have always felt a lot of stress in my job and could never feel that I was very calm at work. Dr.

Arden provides numerous tips on how to cope beginning with yourself and then your job environment to help alleviate stress. I have used some of his tips and have now felt more relaxed at work.

This book reviews all the major issues related to job stress and gives very practical, concrete ways to cope. Anyone who experiences job stress could benefit from the knowledge and advice contained in these pages. I highly recommend it!

This book helped me learn to deal with the stress of multi-tasking. As a teacher I have to deal with parents, administrators, as well as students without being overwhelmed. This book gave great hints about how to cope with it all.

[Download to continue reading...](#)

Surviving Job Stress: How to Overcome Workday Pressures Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal Fatigue Syndrome Preventing Job Burnout, Revised Edition: Transforming Work Pressures into Productivity (Fifty-Minute Series) Interview: Job Interview: HOW TO PREPARE FOR A JOB INTERVIEW AND MAKE SURE YOU GET THE JOB YOU DESIRE!: (+2nd FREE BOOK) 50+ Most Essential Questions (Interview, Search, Hunting, Job Interview) INTERVIEW: 12 Steps To Successful Job Interviews To End Your Job Search, Get Hired (Finding A Job, Google Interview, Interview Skills, Interview Questions, Career Change, Job Interview, Negotiation) Interview: How To Best Prepare For An Interview And Land Your Dream Job In 2016! (Interview, Interviewing, Successful Interview, Interview Tips, Job Interview, ... Job Offer, Interview Questions, Dream Job) Total Workday Control Using Microsoft Outlook The Five-Hour Workday: Live Differently, Unlock Productivity, and Find Happiness Knock 'em Dead Job Interview: How to Turn Job Interviews Into Job Offers Interviewing: Interview Questions - Job Interview ! Learn How to Job Interview and Master the Key Interview Skills! BONUS INCLUDED! 37 Ways to Have Unstoppable ... Interview! GET THE JOB YOU DESERVE! Book 1) GET THAT BODYGUARD JOB NOW: HOW TO LAND A LUCRATIVE BODYGUARD JOB IN TODAY'S JOB MARKET Sharkproof: Get the Job You Want, Keep the Job You Love... in Today's Frenzied Job Market Adrenal Fatigue: How to Reduce Stress, Boost Your Energy Levels, and Overcome Adrenal Burnout Using the Adrenal Reset Diet (Reset Your Diet Now and Say Goodbye to Adrenal Fatigue Forever) Toxic Work: How to Overcome Stress, Overload and Burnout and Revitalize Your Career Toxic Work: How to Overcome Stress, Overload, and Burnout and Revitalize Your Career Mandala Adult Coloring

Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) The Trial of Job: Orthodox Christian Reflections on the Book of Job Conducting the UNIX Job Interview: IT Manager Guide with UNIX Interview Questions (IT Job Interview series) The 2-Hour Job Search: Using Technology to Get the Right Job Faster

[Dmca](#)