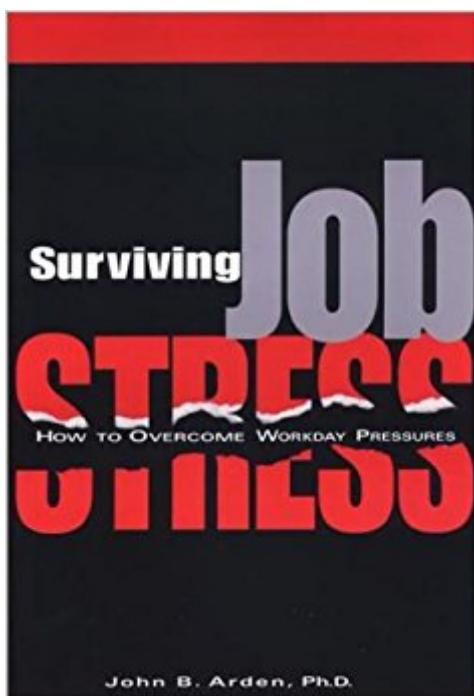


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# Surviving Job Stress: How To Overcome Workday Pressures



## **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

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## **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 advise 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.

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