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# MANAGING STRESS AT WORK IN A WEEK: HOW TO MANAGE STRESS IN SEVEN SIMPLE STEPS



How to manage stress in seven simple steps

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Managing Stress at Work in a Week: How to Manage Stress in Seven Simple Steps, Stephen Evans-Howe, Understand stress fast, without cutting corners The ability to manage stress is crucial to anyone who wants to advance their career. In this short, accessible book, Stephen Evans-Howe shares a lifetime of hard-earned wisdom and practical advice, giving you, in straightforward language, all the insight you need to understand and manage stress....

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- Authored by Stephen Evans-Howe
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