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OVERCOMING YOUR WORKPLACE STRESS: A CBT-BASED SELF-HELP GUIDE



Taylor & Francis Ltd. Paperback. Book Condition: new. BRAND NEW, Overcoming Your Workplace Stress: A CBT-based Self-help Guide, Martin R. Bamber, Occupational stress affects millions of people every year and is not only costly to the individual - in terms of their mental and physical health - but also results in major costs for organisations due to workplace absence and loss of productivity. This Cognitive Behaviour Therapy (CBT) based self-help guide will equip the user with the necessary tools and...

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