



## Stress: Work Problems: How to Overcome Stress at Work and Keep Calm for the Overworked and Overwhelmed to Increase Productivity and Get Things Done (Paperback)

By Chris Adkins

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.#STRESS: Work Problems: How To Overcome Stress At Work And Keep Calm For The Overworked And Overwhelmed To Increase Productivity And Get Things Done How can anybody make the most stressful job in the world stress-free and fulfilling without applying radical changes? Stress is the biggest single cause of illness in the United States, affecting two in every 10 employees, from the overwhelmed new recruits to the busiest company executives. It is a major cause of company losses in the country amounting to \$1.9 billion a year due to absenteeism; yet, most people still fail to manage stress completely in their workplaces resulting to lower productivity, lots of delays, and unfocused performance. What most employees dismiss as a normal part of holding a career actually spurs the most trivial of symptoms, such as mood swings, to the most serious ones, such as hypertension and erectile dysfunction. The question remain, however, Why do most employees fail to take stress management at work seriously? Overwhelming tasks often lead to overwhelming stress, but that does not always have to be the...



[READ ONLINE](#)

### Reviews

*Completely essential read publication. It is really basic but excitement in the fifty percent of the book. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about in the event you ask me).*

-- **Lexie Paucek PhD**

*Totally among the best ebook I have ever go through. It can be rally exciting throug looking at period. Its been printed in an extremely straightforward way which is just soon after i finished reading this pdf by which actually transformed me, change the way i believe.*

-- **Mr. Mervin Walsh**