



# Strategic Stress Management

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**Strategic Stress Management** Lucy Sutherland, J. P. Cooper

*Strategic Stress Management* shows how companies can boost performance by adopting integrated organizational strategies to identify and reduce stress in their employees. Including practical advice on how to conduct a stress audit and how to target stress 'hot spots' within an organization, *Strategic Stress Management* provides a fresh strategic model for the manager concerned with the negative effects stress can have both on company performance and the quality of life of individuals at work.

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