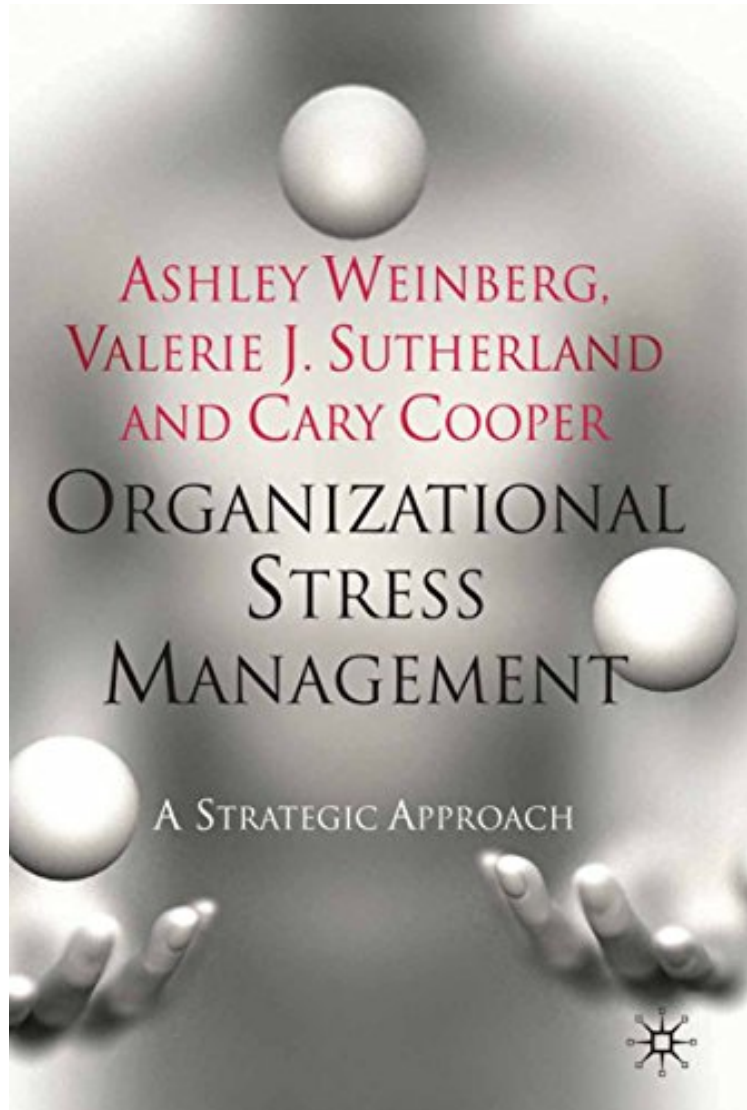


Organizational Stress Management: A Strategic Approach

Cary Cooper

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Cary Cooper : Organizational Stress Management: A Strategic Approach before purchasing it in order to gauge whether or not it would be worth my time, and all praised Organizational Stress Management: A Strategic Approach:

Including practical advice on how to conduct a stress audit and how to target stress 'hot spots' within an organization, Organizational 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.

'Professor Cary Cooper...has done an excellent job of collating findings over the past five decades. Evidence of this is the good chapter describing legal cases in which staff have sued their employers for exposing them to stressful situations.' - Supply Management

'This is a book that I shall certainly be using more than once. It should be read and re-read by those managers and practitioners who determine policy and develop the organisational processes that will allow us to function in an acceptable working environment. It is an excellent book looking at stress management from the right perspective.' - Strategy

'This book not only examines what stress is, but underlines some of the ways it can be combatted and prevented. An insightful evaluation, which is of great use in today's stressful working environment, it will strike a cord with everyone.' - Business Age

About the Author
CARY COOPER is Distinguished Professor of Organizational Psychology and Health at the Lancaster University Management School, UK. He is the author of over 100 books, has written over 400 scholarly articles, and is a frequent contributor to national newspapers, television and radio. He is a Fellow of the British Academy of Management and also of the US-based Academy of Management. In 2001 he was awarded a CBE in the Queen's Birthday Honours List, and he was Founding Chair of the Sunningdale Institute in the National School of Government, UK. He was also the lead scientist to the UK Government Office for Science on their Foresight program on Mental Capital and Wellbeing, and was appointed a member of the expert group on establishing guidance for the National Institute for Health and Clinical Excellence on stress management in the workplace in 2009. Professor Cooper is Chair of the Academy of Social Sciences, President of the British Association of Counselling and Psychotherapy, a national Ambassador of the Samaritans, and Patron of Anxiety UK. HR Magazine named him the '6th Most Influential Thinker in HR' in 2009.

Honorary fellowship for Cary Cooper
<http://www.lums.lancs.ac.uk/news/18953/honorary-fellowship-for-cary-c/>

VALERIE J. SUTHERLAND is an occupational psychologist. As an independent consultant, her particular interest is the 'healthy organization' promoted by an integrated and strategic approach to stress management. Dr Sutherland has researched and published several books on stress, safety performance and individual health and well-being. She was formerly a Senior Lecturer in Organizational Psychology at the University of Manchester School of Management in the UK and was the Director of its Centre for Business Psychology.

ASHLEY WEINBERG is an occupational psychologist with twenty years' experience in the areas of stress and mental health at work, and a Senior Lecturer in Psychology at the University of Salford, UK. A British Psychological Society media contact, he is a regular contributor to television and radio broadcasts, as well as newspaper articles on psychological well-being and organizational behavior. In 2007 Ashley published *Surviving the Workplace; A Guide to Emotional Well-Being* with Cary Cooper and is editor of *The Psychology of Politicians*.