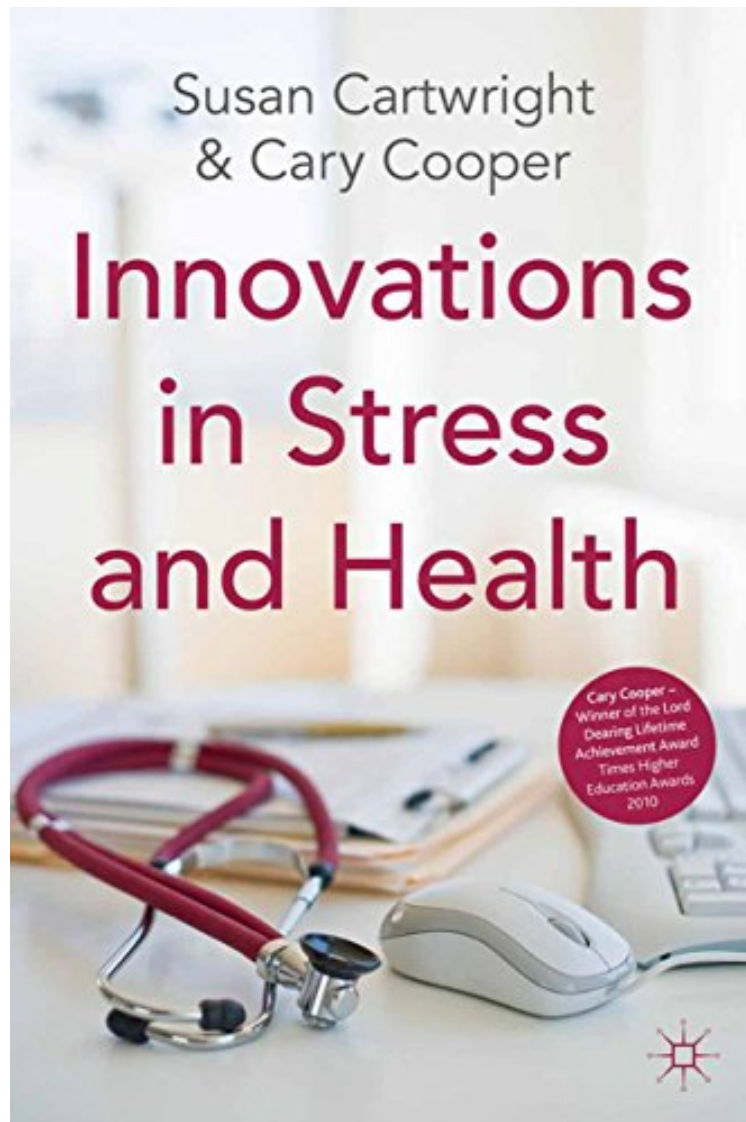


## Innovations in Stress and Health

*S. Cartwright, C. Cooper*

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**S. Cartwright, C. Cooper : Innovations in Stress and Health** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Innovations in Stress and Health:

The costs of stress and ill-health to society are enormous. In recent years, there has been an increasing focus on workplace initiatives to reduce stress and improve individual resilience. This volume brings chief medical officers, leading health professionals and academics to present their views on innovations in the field of stress and health.

'There's a strong business case for improving employees' health and well-being through the workplace to the benefit of both workers and the business. Through evidence and case histories, this book clearly sets out why such initiatives are needed and the difference they can make. The employers who have contributed their experiences are among the best placed to convince others of the benefits of health and well-being at work as such, it's a must read for all employers.'

Dame Carol Black, National Director for Health and Work 'Professors Cartwright and Cooper have done it again, here on behalf of the Centre for Organizational Health and Well-Being. Stress and health are dynamic domains of active research aimed at easing the burden of human suffering, lifting the human spirit, and achieving great performance. This volume brings forth leading-edge work that cuts across the best science and practice with an array of innovations conceived through collaborations with the likes of Centre members Astra Zeneca and Unilever. There is no 'one' antidote from stress nor 'one' stimulant for pressure. Take a deep dive into this great book and come up refreshed, energized, full of new insights and practices.'

James Campbell Quick, John and Judy Goolsby Distinguished Professor, Goolsby Leadership Academy, University of Texas at Arlington, USA

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