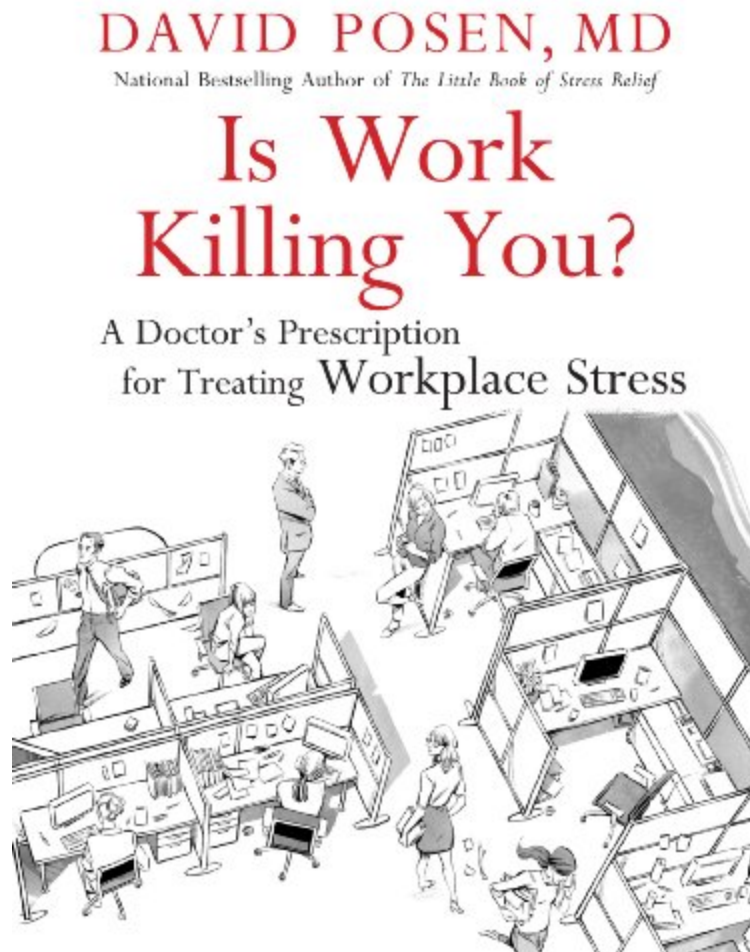


[FREE] Is Work Killing You?: A Doctor's Prescription for Treating Workplace Stress

Is Work Killing You?: A Doctor's Prescription for Treating Workplace Stress

David, Dr. Posen

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From the bestselling author of The Little Book of Stress Relief comes the definitive guide to treating mdash; and

eliminating excessive stress in the workplace. Dr. David Posen, a popular speaker and a leading expert on stress mastery, identifies the three biggest problems that contribute to burnout and low productivity: Volume, Velocity, and Abuse. He shares revealing anecdotes and offers clear descriptions of the biology of stress to illustrate how downsizing, economic uncertainty, and technology have made the workplace more toxic than ever. Most importantly, he offers practical advice and easy techniques for managing the harmful symptoms and side effects of stress. Witty, engaging, and accessible, *Is Work Killing You?* touches on everything from meetings to tweeting, from fake work to face time, from deadlines to dead tired, and more. With this book, Dr. Posen gives us the tools to stop harming our most valuable resource ourselves.

Dr. Posen's work could not be more timely. As people create and manage projects and organizations of ever-increasing complexity, it is more clear than ever that we need rested, clear heads to make critical decisions. Stress, fatigue, and cognitive overload put all of that at risk and are invariably implicated in all kinds of industrial disasters, from refinery fires to financial crises. We won't make our world safer until we learn to manage our work and ourselves better.

Margaret Heffernan, author of *Willful Blindness: Why We Ignore the Obvious at Our Peril*