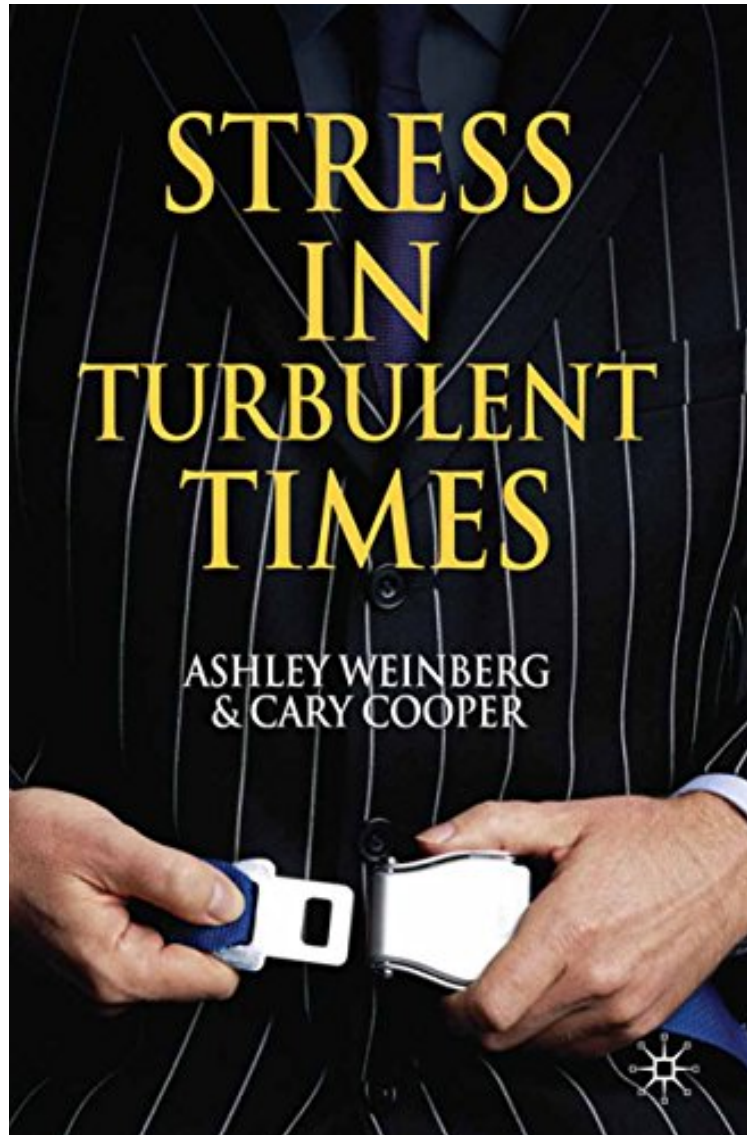


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Stress in Turbulent Times

A. Weinberg, C. Cooper

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A. Weinberg, C. Cooper : Stress in Turbulent Times before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stress in Turbulent Times:

Stress is undoubtedly one of the major work-related illness and is even more likely in times of economic uncertainty and downturn. The authors assess the psychological challenges created by instability and uncertainty and provide a survival toolkit that shows the reader how to combat stress in their own lives.

'Weinberg and Cooper show us how to fly high and stay centered while combating the challenging crosscurrents of environmental turbulence that cause stress.' James Campbell (Jim) Quick, John and Judy Goolsby Distinguished Professor, Goolsby Leadership Academy, The University of Texas at Arlington 'The so-called Credit-Crunch and the economic meltdown that followed has given us all extra reasons to be concerned about the mental wellbeing of the workforce. In this important book, Ashley Weinberg and Cary Cooper provide us with a lucid and candid map of the landscape of stress during this especially difficult period and, crucially, offer us a vital set of tools to help both individuals and organisations to boost resilience when we most need it.' Stephen Bevan, Director of the Workforce Effectiveness Centre, The Work Foundation 'For the wilderness of economic uncertainty, Weinberg and Cooper have not only created the ultimate field guide to the pressures and pitfalls awaiting the unwary traveller; they've also charted a route map for navigating these treacherous psychological backwoods in one piece. Priceless.' David Fairhurst, Chief People Officer for McDonald's Europe Ltd, and HR Magazine's HR Director of the Year 'Full of useful common sense for dealing with turbulent times in the workplace.' Oliver James, author of 'Affluenza'

About the Author
ASHLEY WEINBERG is a Chartered Psychologist with 20 years' experience consulting, researching, teaching, and writing courses on the topics of stress and mental health in the workplace. He is a Senior Lecturer in Psychology at the University of Salford, UK, where he led the establishment of the Psychology Department. He is a British Psychological Society media contact and is a regular contributor to television and radio broadcasts, as well as newspaper articles on psychological well-being and organizational behavior. Dr Weinberg runs workshops for diverse audiences ranging from psychiatrists to dentists and journalists to business managers and he has conducted studies on national politicians, social workers, healthcare staff and university employees. He is editor of *The Psychology of Politicians* (2012), and author of *Organizational Stress Management: A strategic approach* (with Val Sutherland and Cary Cooper in 2010) and *Surviving the Workplace* and *A Guide to Emotional Well-being* (with Cary Cooper in 2007).

CARY COOPER is Distinguished Professor of Organizational Psychology and Health at Lancaster University, UK. He was Founding Editor of the *Journal of Organizational Behavior*, Editor of the journal *Stress and Health* and President of the British Association of Counselling and Psychotherapy. He is President of RELATE and Chair of the Academy of Social Sciences (a body comprising 43 learned societies in the social sciences with over 86,000 social scientists). Cary also serves on the Global Agenda Council on Health and Wellbeing of the World Economic Forum and has been made an Honorary Fellow of the British Psychological Society and awarded the Lord Dearing Lifetime Achievement Award for contributions to higher education. He has a number of honorary doctorates from universities and received an Honorary Fellowship of the Royal College of Physicians. Professor Cooper was honoured with a CBE (Commander of the Order of the British Empire) in the Queen's Birthday Honours List in 2001.