



# Overcoming Your Workplace Stress: A CBT-based Self-help Guide

*Martin R. Bamber*

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Occupational stress affects millions of people every year and is not only costly to the individual – in terms of their mental and physical health – but also results in major costs for organisations due to workplace absence and loss of productivity. This Cognitive Behaviour Therapy (CBT) based self-help guide will equip the user with the necessary tools and techniques to manage work related stress more effectively.

Divided into three parts, this book will help you to:

- understand occupational stress
- learn about a range of methods to reduce stress levels
- develop your own self-help plan.

*Overcoming Your Workplace Stress* is written in a straightforward, easy-to-follow style, allowing the reader to develop the necessary skills to become their own therapist.

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