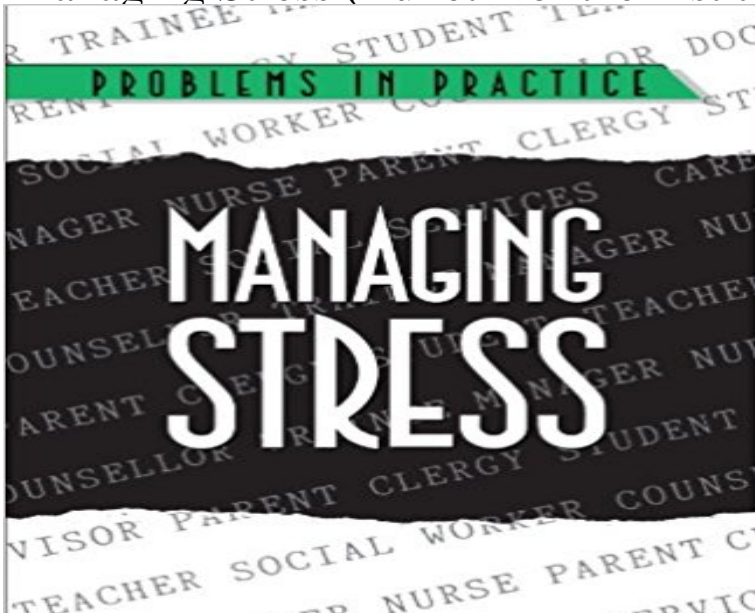


# Managing Stress (Bulletin of the Institute of Historical Research)



This book sets out to show how, by identifying the precise causes of stress and by developing appropriate responses to them both at professional and personal levels, the individual can cope successfully with stress. Assessing levels of stress, understanding what causes stress, managing the environment and managing yourself are all key elements to this.

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