

Desestrésate

Get De-stressed



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Companies and their employees are plagued by stress. This is a book for overcoming, using a wide variety of techniques, one of the great evils of our society and business world. Its main theme is the vision of a new business, with new values, in which professionals attain their highest levels of productivity, creativity and, at the same time, a sense of wellbeing.

This book will address the pressing needs of millions of professionals and directors for practical tools to effectively control stress and negative emotions. For this reason, the book contains numerous practical exercises, tests and specific action plans which the reader will find easy to use.

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