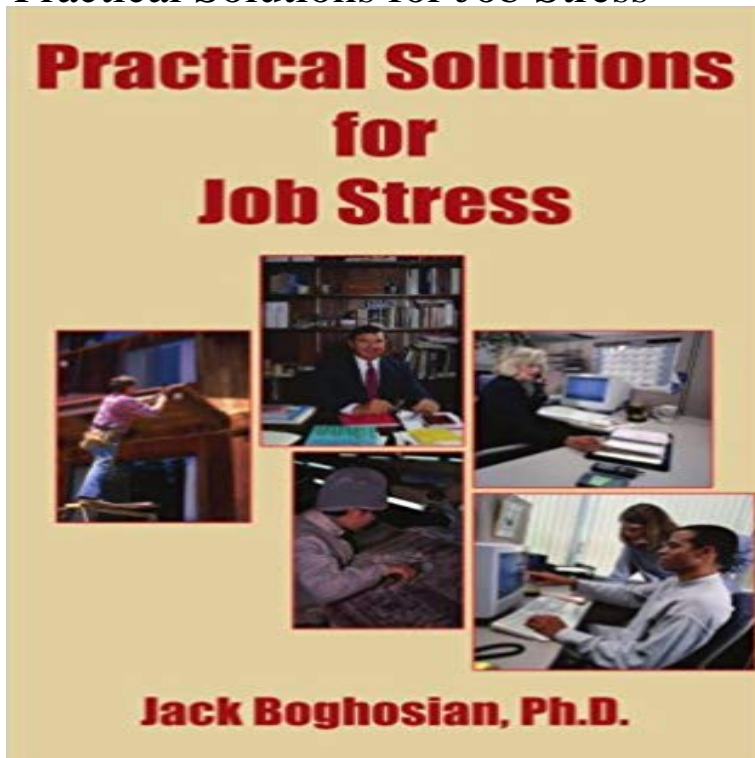


## Practical Solutions for Job Stress



Practical Solutions for Job Stress offers a problem-solving approach to the most common workplace dilemmas confronting people daily. Having treated hundreds of individuals with job stress, Dr. Jack Boghosian explains how to handle troublesome behavior and malfunctioning workplace systems by finding ways to hold people accountable for what they say and do. You'll also learn how to change distorted beliefs that lead to ineffective coping. By using the oral and written communication strategies outlined by Dr. Boghosian, you can show co-workers and supervisors how workplace problems impair your job performance, and how specific changes can improve things. Learning to effectively deal with manipulation by others will help you replace self-doubt with self-respect.

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