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Autore	Leung Mei-yung
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Sommario/riassunto

'A book that presents an integrated and comprehensive stress management model that reflects the demands and dynamism of the construction industry is not just important but a must for all those working in the industry.' Philip Dewe, Professor of Organizational Behaviour, Birkbeck College, University of London 'Stress kills and successful stress coping enables us to live abundantly... to thrive. This well-conceived, focused volume reveals the stress process in the challenging construction industry, and the best ways to cope.' James Campbell Quick, Professor of Leadership & Organizational Be

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