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Titolo	Attitudes to Psychological Stress Among Construction Professionals // by Alan Patching
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Lingua di pubblicazione	Inglese
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Note generali	Includes index.
Nota di contenuto	Chapter 1. Gaining a general comprehension of the problem -- Chapter 2. Coming to grips with, and getting to understand the problem -- Chapter 3. How big is the problem of stress among Construction Project Managers? -- Chapter 4. What is causing the problem of stress among Construction Project Managers? -- Chapter 5. Active steps to assist an industry badly in need of change.
Sommario/riassunto	This book investigates attitudes to the avoidance and management of stress by project managers within the professional construction industry. The author argues that a widespread toxic culture belonging

to the industry substantially contributes to industry stress, and analyses stress impacts among construction professionals, as well as the industry-specific causes of stress. The impacts and causes of stress of construction project managers are compared with those of other employees in the construction industry and with attitudes from across broader industry. The author concludes by establishing a leadership model for government and private organisations to effectively address a construction industry systemic problem head on.
