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Titolo	Agile resilience : the psychology of developing resilience in the workplace / / Tom Dillon and edited by Bob Thomson
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (334 pages)
Collana	Business in the digital economy
Disciplina	155.24
Soggetti	Psychology, Industrial Resilience (Personality trait)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	An essential read for anyone working today, this book focuses on agile resilience, exploring how resilience can be learned, chosen, developed and adapted to help you cope with the range of circumstances and experiences you may face at work, whether that's at home, in an office or any other workspace.