



Is Work Killing You?: A Doctor's Prescription for Treating Workplace Stress

David, Dr. Posen

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From the bestselling author of *The Little Book of Stress Relief* comes the definitive guide to treating — and eliminating — excessive stress in the workplace. Dr. David Posen, a popular speaker and a leading expert on stress mastery, identifies the three biggest problems that contribute to burnout and low productivity: Volume, Velocity, and Abuse. He shares revealing anecdotes and offers clear descriptions of the biology of stress to illustrate how downsizing, economic uncertainty, and technology have made the workplace more toxic than ever. Most importantly, he offers practical advice and easy techniques for managing the harmful symptoms and side effects of stress.

Witty, engaging, and accessible, *Is Work Killing You?* touches on everything from meetings to tweeting, from fake work to face time, from deadlines to dead tired, and more. With this book, Dr. Posen gives us the tools to stop harming our most valuable resource — ourselves.

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