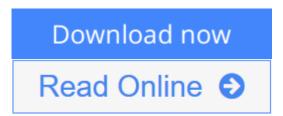


# **Stress Management**

By Gerard Hargreaves



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Success at work isn't just about working harder. It means thinking and working smarter. The Self-Development for Success series helps you quickly improve basic but crucial professional skills--and ensure your ongoing career success.

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About the Author

Gerard Hargreaves manages The Centre for Director Development at The Institute of Directors. He is an experienced consultant and has spent many years advising organizations and individuals on stress management. Prior to working with the Institute, he spent 10 years with management consultants MaST International and seven years in the army specializing in training and development.

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