



## Management of Organisational Stress

By Uma Gulati

New Century Publications, New Delhi, 2005. Hardcover. Book Condition: New. First. 14 cms. 188pp. Stress is a perceived dynamic state involving uncertainty about something important. Stress results mainly because the individual wants an interaction and not a transaction with the environment. In other words, stress is caused by the absence of an answer, lack of return on invested time and effort and/or lack of a two-way relationship with the environment. This book on management of organisational stress takes a comprehensive view of the nature and causes of stress and explains the remedial measures for coping with the problem. It would prove useful for academicians, teachers and students of management and commerce and would be a handy guide for working executives.



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