



HBR Guide to Managing Stress at Work (HBR Guide Series)

Harvard Business School Press (Creator)

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Are you suffering from work-related stress?

Feeling overwhelmed, exhausted, and short-tempered at work—and at home? Then you may have too much stress in your life. Stress is a serious problem that impacts not only your mental and physical health, but also your loved ones and your organization. So what can you do to address it?

The *HBR Guide to Managing Stress at Work* will help you find a sustainable solution. It will help you reach the goal of getting on an even keel—and staying there. You'll learn how to:

- Harness stress so it spurs, not hinders, productivity
- Create realistic and manageable routines
- Aim for progress, not perfection
- Make the case for a flexible schedule
- Ease the physical tension of spending too much time at your computer
- Renew yourself physically, mentally, and emotionally

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From Reader Review HBR Guide to Managing Stress at Work (HBR Guide Series) for online ebook

Amanda says

this book was more for office or management type jobs

Miranda Malonka says

Wow. Buku ini salah satu buku self help paling keren (kalau bukan bener-bener yang terkeren) buat saya. Yang membuatnya luar biasa adalah: terutama, pembahasannya yang singkat, padat, to the point, sehingga satu buku yang tebalnya sedang ini isinya manfaat semua. Plus, buku ini cocok dibaca oleh semua orang yang ribet multitasking di berbagai bidang yang melelahkan, dan, endingnya, buku ini memberi pembelajaran untuk menjadi manusia seutuhnya dan lepas dari jerat pekerjaan. THIS BOOK IS AWESOME!

Hampus Wessman says

Quick read and contains many useful ideas about managing stress. I recognized some ideas from before and found some new insights. Well worth reading for anyone who works in an office environment with occasional stress and frustration, which is often the case in today's high paced world. Learning to thrive under pressure, even if only a little better, is a most valuable investment and this book will surely help most people with that.

Rasha says

too much repetition. found myself skimming lots of material

innae says

This book collected many different essays on the topic of Stress, in particular stress at work. I thought there was a lot of good information, but a lot of it is stuff we all know; we just need to apply it.

Maria says

This is the best book on how to manage stress at work

Begoña says

Some parts are ??????????, some parts are ?. Apparently you can fight stress by "becoming Spanish" (my summary) —and you should do so!

Felt good:

- Tests
- Priority mindmaps
- Specific, actionable stress control techniques
- Desk yoga

Felt bad:

- WASP dehumanisation and entitlement. It hurts to read at times.
- The heteropatriarchy of the thing at times as well. "I started speaking with my wife about my work —and she gave me valuable input!" #DUH

Looked ugly:

- "You can't have it all" (maybe you can sequentially). This might be so true it's ugly. But true. But ugly...
 - The stuff people have to do to convince their companies to "allow" them to "have a life" and improve performance, as a result. Fight to do your job well. Really.
 - I'm sorry but I cringe at how unproductive some readers are supposed to be. I mean, WTF? But that might be years of me trying to make a lot with a little. This might be an idea for a post...
-

Fadelly Hippi says

Got this in a goodreads giveaway really excited to start reading!

Rachael says

Great go to book for practical and real life advice for dealing with stress in the workplace.

I received this book through Goodreads First Reads.

Scott says

Another great compilation of magazine articles, blog posts, and one-offs from HBR.

Most of these pieces are "favorites", but notable reads were:

- "Are You Working Too Hard?"
- "Overloaded Circuits: Why Smart People Underperform"
- "No, You Can't Have It All"

"Positive Intelligence"
