



Controlling Stress in the Workplace: How You Handle What Happens

Rex P. Gatto Ph.D.

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From a pioneer of ground-breaking strategies for workplace stress comes the businessperson's handbook for reducing stress.


Controlling Stress in the Workplace is the definitive resource that looks at what seems to be unmanageable stress and teaches you to deal with it confidently.


In his one-of-a-kind, proven approach for "going beyond the stress," Dr. Gatto explains how to make stress a positive part of the growth process, rather than a barrier to happiness.

By using the ideas in *Controlling Stress in the Workplace*, you will be able to develop your own plan for managing the stress in your life.

His book will show you how to:

- Identify what causes stress.
- Handle stressful situations.
- Design a plan for reducing stress.
- Handle aggressive or hostile people.
- Eliminate the "should haves" from your vocabulary.

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