Stress in the Spotlight

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Stress in the Spotlight

**Managing and Coping with Stress
in the Workplace**

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and

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Foreword © Kelly Hoppen 2014

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Summary: "Based upon interviews with individuals in high pressure positions, this book provides practical insight about how to identify, tackle and overcome any kind of stress. Interviewees include a bomb disposal expert who neutralized bombs in Afghanistan and Iraq, a leading surgeon at Great Ormond Street Hospital who led a team of specialists to separate twins who were joined at the head, and Kevin Roberts, CEO Worldwide of Saatchi and Saatchi. This inspiring book illustrates how people can overcome obstacles, deal with difficult people, get self-motivated, face challenges, establish goals, avoid work taking over their private life and embrace changes at work"—Provided by publisher.

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Foreword

By Kelly Hoppen MBE, international interior designer, entrepreneur, and business investor on *Dragons' Den*

All people suffer with stress, there's no question about that! I have never met anyone in business who hasn't encountered stress in one form or another. Facing challenges and overcoming setbacks are par for the course in the highly competitive world of business and this book examines the subject of stress in business in a clear and concise way.

It's aimed at anyone responsible for making important decisions for their companies where the wrong call could have devastating effects. Journalist, Brian Claridge, gives a useful insight into "life at the top" by interviewing people in high-pressure jobs and finds out how they cope with stress; while Professor Cary Cooper offers lots of useful advice and coping strategies on how to deal with stress and make life more enjoyable.

It's a fascinating look at business life and tackles the subject of stress head on. I hope you enjoy the book as much as I did.

www.kellyhoppeninteriors.com

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