

Stress: Living and Working in a Changing World

By George Manning, Kent Curtis, Steve McMillen, Bill Attenweiler

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This book is a comprehensive and timely resource that helps people manage stress in today's fast-paced and changing world. It combines the best of both classical research and cutting edge approaches to address stress, health, and wellness issues. The holistic approach provides a personalized picture of the role of stress in one's life. The reader is challenged with real-life problems and practical solutions. The friendly writing style of the authors holds your attention and interest throughout the book. Using an interactive learning approach, each chapter blends: -thought-provoking questionnaires and self-assessments - true-life examples - meaningful stories and anecdotes from well-known authors and philosophers - authoritative data: charts, graphs, diagrams, and surveys The focus of the book is self-discovery and personal development. Information is in a format conducive to quick access on an as-needed basis. It's a book you will refer to time and time again.

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Editorial Review

About the Author
George Manning, Professor of Psychology and Business at Northern Kentucky University, is internationally known as a speaker, author of eleven books, and consultant to business, industry and government. His clients include AT&T, AMA, IBM, GE, Marriott, UAW, Duke Energy, US Navy and the National Institutes of Health, among others. He was selected "Outstanding Professor" at Northern Kentucky University and has received the "Strongest Influence Award" given by the Northern Kentucky Alumni Association. Kent Curtis is professor of organizational leadership at Northern Kentucky University. Kent graduated from Centre College (AB in Biology), Xavier University (Masters in Counseling), and University of Cincinnati (Doctorate in Education). He has designed numerous employee and management development programs serving such clients as Texas Medical Center, Procter & Gamble, and American Electric Power. Kent has received the Strongest Faculty Influence Award from the NKU Alumni Association, the NKU Student Government Faculty Award, and Teacher of The Year for the NKU PACE Division. Steve McMillen is the founder and principal of SMC Leadership, a consultancy focused on executive coaching, leadership development, talent management, organizational change, and stress management. Steve has held senior leadership positions at organizations including Tennessee Valley Authority, Thomson Publishing (now Thomson-Reuters), and Hillenbrand Industries where he led the development of the first Peak Performance Center for a Fortune 500 company. He has consulted for numerous organizations, including General Motors, Junior Achievement, and the National Home Builders Association. He was a founding member for The Conference Board’s Global Leadership Development Council and Harvard University Business School’s New Media Group. Steve has served on boards at the University of Tennessee, Northern Kentucky University and People Answers, among others. Bill Attenweiler earned his Ph.D. in Industrial and Organizational Psychology at Clemson University in 2002. Upon completion of his graduate studies, Bill moved to Northern Kentucky University and launched the Master of Science in Industrial and Organizational Psychology program. He was associate dean of NKU’s College of Arts and Sciences and director of Integrative Studies for four years. Bill has returned to teaching both graduate and undergraduate classes, including Industrial-Organizational Psychology and Occupational Health Psychology.

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