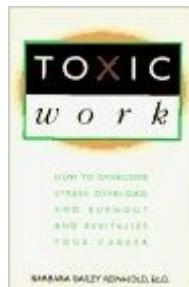


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# Toxic Work: How To Overcome Stress, Overload, And Burnout And Revitalize Your Career



## Synopsis

Integrating the latest mind-body research with the author's personal career-planning expertise, a job consultant explains how employees can cope with business-related stress and its toxic impact and promote a positive change in one's work environment.

## Book Information

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