Bibliography


Andrew Goliszek. 60 second stress management the quickest way to relax and ease.


Cheryl Lentz, 2009. The Refractive Thinker: An Anthology of higher Learning, Volume 1. The Lentz Leadership Institute LLC.


ComPsych Corporation, EAP Behavioral Disability, Approaches to reduce stress-related costs (2012).


Cooper and Smith (1985) Job stress and Blue collar work. Chichester: John Wiley and Sons.


European Commission, DG, guidance on work–related stress (1999), stress at work,


General social survey GSS, (2010). Stress (statistics in Canada), over 1 in 4 workers reported being highly stressed.


Johnson, B. Traditional industries of India in the globalized World pp. 105 – 121


Khanka, S.S. – Organisational behaviour pp. 182 – 190

Khanka, S.S. Organisational behaviour, S. Chand and company Limited, Ram Nagar, New Delhi – 110 055.


Murrell (1978) Work stress and mental strain, work research unit, occasional paper No.6, U.K. department of employment.


Prevention of Mental Ill Health at Work.HMSO, London.Pty Ltd.

Raising awareness of stress at work in developing countries, a modern hazard in a traditional working environment advice to employers and worker representatives (protecting worker – health series no.6), pp. 15 – 21

Regus work your way ((from distressed to de-stressed), September 2012, p.7


Robert B. Burns Ph.D, Causes of work stress, UNWIND.10 ways to manage stress and improve your well-being., pp. 9 – 33.


Rosch, P.J. (Ed.) (March, 2001). The quandary of job stress compensation. Health and Stress, 3, 1 – 4


Statistics (Canada, 2011), What’s Stressing the stressed? Main sources of stress among workers.


Stress at work: A report prepared for the work foundation’s principal patterns, pp. 31 -34.


