



Stress and Challenge at the Top: The Paradox of the Successful Executive (Wiley Series on Studies in Occupational Stress)

James C. Quick, Dr. Debra L. Nelson, Jonathan D. Quick

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Discusses the process of achieving and maintaining personal health and well-being while, at the same time, striving to be successful at work. Categorizing executives into four main groups, it examines the health risks associated with mismanaged stress and reviews prevention strategies for effective stress management. In the course of this examination, a preventive stress management model is developed and a guide for building a stress management plan at work is provided in the appendix. The theories and concepts of occupational stress and stress management are made more concrete through in-depth profiles of three men and three women executives. Concludes with material on the health risks of loneliness and the importance of building healthy social support attachments in life.

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