

The background of the book cover is a grayscale collage of images depicting workplace stress. A central vertical stream of golden and red tinsel falls from the top, creating a focal point. The collage includes a person in a hard hat, a person in a white lab coat, a person in a white shirt looking thoughtful, a person in a white shirt with their hand to their face, and a person in a white shirt looking down. The overall tone is somber and professional.

Stress at Work

Management and Prevention

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