



# From Stress to Wellbeing Volume 1: The Theory and Research on Occupational Stress and Wellbeing

*Cary L. Cooper*

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## **From Stress to Wellbeing Volume 1: The Theory and Research on Occupational Stress and Wellbeing**

Cary L. Cooper

A comprehensive collection by Professor Cary Cooper and his colleagues in the field of workplace stress and wellbeing, which draws on research in a number of areas including stress-strain relationships, sources of workplace stress and stressful occupations.

Split into two volumes, the chapters present a range of research and theories linked to the field of occupational stress and wellbeing. It charts the flow from concerns about specific occupations to the widening of the concept of stress into the more positive arena of wellbeing. By showing where we came from to where we are now, we hope it will help to develop the field of identifying and helping people who have to cope with the excessive pressures of work in a more insecure and less stable economic climate.

Volume 1:  
Theory and Reviews of Stress and Wellbeing  
Stress-Strain Relationships  
Sources of Workplace Stress

Stressful Occupations  
Research Methods in Stress and Wellbeing

Volume 2  
Stress Management  
Stress and Wellbeing Issues  
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