



Immer dieser Stress: leben mit Stress oder endlich frei sein (German Edition)

Johann Lackner

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Das Buch setzt sich mit den Themen Stress und Stressbewältigung im beruflichen Leben auseinander. Es wird ein Konzept vorgestellt mit dem Firmen nachhaltig ihre Mitarbeiter in diesem Bereich unterstützen können. Ziel ist es die Gesundheit der Mitarbeiter zu fördern und damit Unternehmen erfolgreicher zu machen.

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