



## Managing Leadership Stress

By Michael Campbell

Pfeiffer. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.7in. x 5.8in. x 0.2in. Everyone experiences stress, and leaders face the additional stress brought about by the unique demands of leadership: having to make decisions with limited information, to manage conflict, to do more with less . . . and faster! The consequences of stress can include health problems and deteriorating relationships. Knowing what signs of stress to look for and having a strategy for increasing your resources will help you manage leadership stress and be more effective over a long career. Table of Contents  
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