



## Managing Stress in Times of Uncertainty

By MD Leonard M Moss

Createspace, United States, 2012. Paperback. Book Condition: New. 234 x 155 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In Managing Stress in Times of Uncertainty, Dr. Leonard M. Moss, tells the story of his highly unusual career using psychoanalytic expertise to help organizations, their employees and individuals deal with crises, transitions, the erosion of employee loyalty, and job loss. The case histories included throughout the book illustrate how to assist individuals to think constructively about their work and life experiences, and to apply what they learned to solve future problems. The author usies his extensive experience serving as a consultant to major corporations such as Mobil, American Express, and General Motors, to demonstrate how to address the impact employees experience during corporate restructuring and downsizing, the merger of conflicting work cultures, and the closing of a manufacturing plant that was the mainstay of its community. Dr. Moss believes that fundamental changes in behavior achieved through company-sponsored training and development exercises are rarely sustained unless underlying life, stress, interpersonal, or personality factors are modified as well. His year-long confidential Executive Development Program focuses on interpersonal relationships, past experiences, and emotions, as well as career goals and work...



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