



## Body Care (Paperback)

By Richard Templar

John Wiley and Sons Ltd, United Kingdom, 2002. Paperback. Condition: New. Language: English . Brand New Book. This title offers a fast track route to improving the health of your organization and yourself. It covers key health management techniques, from eliminating stress to auditing diet, and from expressing your feelings to maintaining a healthy work-home balance. It is packed with lessons and bodycare tips from people who have successfully managed their health. It includes a glossary of key concepts and a comprehensive resources guide. ExpressExec is a unique business resource of one hundred books. These books present the best current thinking and span the entire range of contemporary business practice. Each book gives you the key concepts behind the subject and the techniques to implement the ideas effectively, together with lessons from benchmark companies and ideas from the world's smartest thinkers. ExpressExec is organised into ten core subject areas making it easy to find the information you need: Innovation; Enterprise; Strategy; Marketing; Finance; Operations and Technology; Organizations; Leading; People; and Life and Work. ExpressExec is a perfect learning solution for people who need to master the latest business thinking and practice quickly.



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