Contents

	Preface	ix
1	Introduction: Costs of Stress	1
2	Understanding the Nature and History of Stress as a Concept in the Social Sciences	4
3	Sources of Managerial Job Stress	27
4	A Systematic Investigation of Managerial Stress	49
5	What Managers and their Wives say about Stress at Work: In-depth Interviews	76
6	Issues Raised by an Examination of Managers Under Pressure	96
7	The Roles Adopted by Managers' Wives	107
8	Managerial Stress Prevention	111
	References	115
	Appendix I	126
	Appendix II	136
	Index	145