



Job Stress and Burnout: Research, Theory, and Intervention Perspectives (SAGE Focus Editions)

Whiton Stewart Paine

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Experts on burnout discuss in this volume its symptoms and processes, and ways of understanding the syndrome. The causes of job stress, its relationship to broader social trends, and the economic costs of burnout are also defined and analyzed. The second half of the book describes effective interventions, both with individuals and organizations.

'The book is well written and easy to read. Recommended for both lower-division and advanced undergraduates as well as graduate or professional students interested in the topic.' -- *Choice, October 1983*

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