Mental health problems and stress-related disorders are often the cause of early death. Cary Cooper's and Philip Dewe's book is a fascinating and highly readable account of the long and difficult journey to this insight. It is a lively and accessible look at the origins of the field of stress research. The book explores different theories and models of stress, examines the contributions of different researchers, identifies common themes and controversies, and culminates in a discussion of what may be needed to better organize research and what obligations stress researchers have to those whose working lives they study.

First concise, accessible, academically grounded book on the origins of the concept of stress. Explores different theories and models of stress such as the psychosomatic approach, homeostasis, and general adaptation syndrome. Discusses the work and intriguing contributions of key researchers in the field such as Walter Cannon, Hans Selye, Harold Wolff, and Richard Lazarus. Explains the origins of key concepts in stress such as stressful life events, the coronary-prone personality, and appraisals and coping. Culminates in a discussion of what makes a good theory and what obligations stress researchers have to those whose working lives they study.