



McLean Questionnaire (Wiley series in training and development)

Alan A McLean

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Alan A. McLean has spent more than 30 years with people who work on the cutting edge of technology. In that time, he has seen overwhelming evidence of what he calls "high tech stress". In this book, Dr. McLean identifies a variety of job pressures experienced by the high tech worker and explores healthy and unhealthy stressors both on and off the job. Above all, he offers a unique "high tech stress survey" in which the reader can assess his or her own stress level and determine if it is above or below the average of professionals in high tech occupations. The survey, once completed, can also be detached and mailed to Dr. McLean's research database. High Tech Survival Kit also shows how to diagnose personal and external stress and bolster resistance to stressful situations. A chapter on Personal Stress Management tells you what you can do to handle stress on a day-to-day basis to keep your cutting edge sharp, even after you've left for the day. Written for anyone with a high tech job, this is the first book of its kind - an illuminating worktext that addresses the potential "downside" of technological progress.

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