



# **Stres in die werkplek (eBoek): Bybelse beginsels vir balans in die werkplek en raad vir wanneer elke dag 'n blou Maandag is! (Afrikaans Edition)**

*Henk Gous*

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Werk is dikwels 'n liefde-haat-saak. Jy kan nie sonder jou werk nie, maar is dit nie die ding waaroor jy die meeste kla nie?

STRES IN DIE WERKPLEK deur Henk Gous is 'n boek vol Bybelse beginsels vir elkeen wat die gekompliseerde werkswêreld moet aandurf.

Henk bespreek verskeie temas wat vir enige een in enige werkplek relevant sal wees, onder andere:

- Is sukses of geld jou doel?
- Balans!
- Werksplekke wat giftig is
- Die skade van werkloosheid
- Aftrede
- Geloof by die werk

STRES IN DIE WERKPLEK sal mense help besef dat hulle ook in die werksegment van hul lewe naby aan God kan leef en so werklik geluk tussen die vier mure van die kantoor kan vind.



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