



Job Stress and the Librarian: Coping Strategies from the Professionals

Carol Smallwood, Linda Burkey Wade

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Practicing academic, public, school and special librarians and LIS faculty in the United States offer practical how-to essays on managing stress as working librarians. Creative methods of diffusing stress are emphasized, adaptive to various types of libraries and job descriptions.

The book is divided into several parts: Defusing and Reducing Conflict at Work; Stress Management; Library Programs for Patrons and Staff; Balancing the Professional and the Personal; Juggling Responsibilities; Easing Stress on a Budget; Overcoming Challenges; and Navigating Career Transitions.

Facing budget and staff cuts, increasingly diverse patrons, and rapidly changing technology, librarians have stressful jobs and this collection helps meet a concrete need.

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