



硬起、逃离、逐是等新? 工作压力下的积极应对之道

- More Is Less: Learning but Not Relaxing Buffers Deviance under Job Stressors / David D. Mayer / Eunbit Hwang Journal of Applied Psychology, 2018, 103(2), 123-136.
- 2 To Cope With Stress, Try Learning Something New / Christopher G. Myers / David D. Mayer Harvard Business Review, 2018 September, Digital article. https://hbr.org/2018/09/to-cope-with-stress-try-learning-something-new

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hindrance stressors		
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