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**By Karl Albrecht**



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Dr Karl Albrecht, a management consultant and conference speaker in California, "Stress and the Manager." Albrecht's four common types of stress are:

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Karl Albrecht, renowned management consultant has defined family members support/don t stand after these project manager) the results of such stress can be <http://blog.zilicus.com/wordpress/project-manager%e2%80%99s-job-stress-management-part-ii/>

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