

**Johannes Siegrist and Morten Wahrendorf (eds). Work Stress and Health in a Globalized Economy. The Model of Effort-Reward Imbalance**

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Stressful working environment is an important aspect of life in 21st century and it remains an important topic of occupational research. The association between work stress and health continues to be extensively studied and more and more evidence becomes available. This book offers an extensive summary of scientific evidence on this topic concentrating mainly on the role of effort-reward imbalance, one of the leading theoretical work-stress models focussing on the employment contract in which efforts are expected to be delivered by employees in exchange for rewards offered by the employer.

This book introduces all basic definitions in the first chapters. Such introduction allows even those who are new in this research area to become familiar with theoretical concepts of work stress research. These theoretical concepts are then updated by assessing the associations of interest in a life-course perspective. This is followed by summary of evidence related to range of health outcomes. The book then offers wide range of findings from different countries and continents, such as Australia, China, Japan or Latin America. Finally, in last two chapters, researchers offer examples of work place interventions focussing on improving psychosocial work conditions and health, as well as discuss various challenges of national and international policies on reducing work stress.

Based on strong evidence from range of studies from many geographic areas this book extends the conceptual framework of research on this topic, offers the way forward and helps to further strengthen policies aiming at promoting healthy work both nationally and internationally.

I highly recommend this book for researchers, civil authorities and policy makers who want to better understand the role of psychosocial work stress in the context of various health outcomes. Editors, Professor Siegrist and Dr Wahrendorf, were able to put together fascinating set of contributions from leading authors in this field of research, and they collectively provide exceptional insights in this research

area. This book should become essential reading for all those interested in the role of work stress on health and those focussing on work environment in general!