Dedication

This book would not be complete if I did not write a few words to the people who supported me throughout this long journey of writing the book. First and foremost to my husband George, who gave me constant encouragement, love and emotional support to see this lifetime achievement met. To my dear children, who for a very long time did not understand what I was doing, and just had the great patience to watch Mum keep writing during weekends, holidays and many early hours of the morning. My dedication also goes to my wonderful Mum, for always listening to me and providing me with an abundance of love and comfort.

I would like to thank my co-author Cary Cooper: spanning over twenty years of knowing each other, he has been my Professor and Supervisor of my Doctorate Degree, teaching me the ‘ropes’ and expertise of our field and, at the same time, he has been my mentor in academia. Thank you for your words of wisdom, scientific advice and dear friendship.

Professor Ritsa Fotinatos-Ventouratos

I would like to thank Ritsa Fotinatos-Ventouratos for all her kind words and for involving me in the book, a book which means a great deal to her, given the economic problems and stress that Greece has endured over the last six years. Her dedication and persistence has made a significant contribution to understanding how this damaging recession has impacted individuals and businesses throughout the developed world; and, importantly, the health and wellbeing of individuals and their families.

Professor Sir Cary L. Cooper CBE

ACKNOWLEDGEMENTS

More than words of acknowledgment and a thank you to Edward Elgar Publishing, who were spontaneous with suggestions and always full of eagerness to assist with the editing of this book. Francine O’Sullivan,
Jennifer Stanley, Elizabeth Clack, and Yvonne Smith: great to work with all of you!

I would also like to give an acknowledgement and a thank you to the American College of Greece, who has been a solid employer throughout the years. Thank you to my colleagues and my few dear friends in the job; coming to work and seeing smiling faces has greatly helped, and thank you to my long-time friend whom I confided in about this book. Also, an acknowledgment to the staff of the library, who provided me with an abundance of literature whenever I asked. Last, but certainly not least, to my students who have been a total inspiration to me in my 18 years of classroom experience: you have all been a joy to teach.

Professor Ritsa Fotinatos-Ventouratos