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### Thriving in the Middle: Effective Stress Skills for Chairs

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#### Recommended Citation

Hatfield,, Tim Ph.D. (2015). "Thriving in the Middle: Effective Stress Skills for Chairs," *Academic Chairpersons Conference Proceedings*. <https://newprairiepress.org/accp/2015/Leadership/24>

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**Thriving in the Middle:  
Effective Stress Skills for Chairs  
Academic Chairpersons Conference  
February 5, 2015, Austin**

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**Selected Resources**

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