

Should we be Stressed about Stress



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Despite the widespread use of the word "stress" in research, policy and everyday life, researchers have only recently sought to reveal people's beliefs about stress and how these beliefs affect their physical and mental health. The paucity of research in the field is surprising, especially in view of the extensive research literature on the power of beliefs. In this paper, we review recent research that explored people's beliefs about stress (for example, whether people believe that 'stress' is 'enhancing' or 'debilitating') and examine the positive and negative implications these beliefs may have on mental and physical well-being.

Stock Repurchases – A Review



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This article explains what a stock repurchase (buyback) is and how it is executed. It describes how the practice has evolved from having no economic importance to becoming the primary method public firms use to disburse back to their shareholders. The main empirical findings are reviewed: positive announcement day stock return, positive abnormal stock performance in the long run, and incomplete execution relative to the announcement. The reasons suggested in the literature for stock repurchases and for the market response are discussed. The paper focuses on the main method firms use to repurchase stock: an open-market repurchase program, but towards the end of the review shortly discusses self-tender offers and privately negotiated repurchases as well.