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Abstract: This monograph, Industrial and Labour Relations Systems: A Cursory Approach, was written with the goal to examine salient concepts and principles in the industrial relations system. Among others, it discussed with clarity topics such as Theories of Industrial Relations, Trade Union, Collective Bargaining, Industrial Conflict and Resolutions, Communication in Industries, Motivation and Job Satisfaction and Human Resource Management. It will make for good reading and discussions for beginners in the discipline of industrial relations.