



Success Under Stress: Powerful Tools for Staying Calm, Confident, and Productive When the Pressures on

By Sharon Melnick Ph. D.

AMACOM/American Management Association. Paperback. Book Condition: New. Paperback. 250 pages. Dimensions: 9.0in. x 6.0in. x 0.6in.From overflowing priority lists to power-hungry colleagues to nagging parental guilt, stress is the defining characteristic of most of our lives. Real help is here-an allencompassing, stress-busting tool kit that goes far beyond breathing exercises and visualization techniques. Such one-sizefits-all methods are no match for the stressors we experience daily in our overcomplicated lives. Whether you have too many projects, your confidence is flagging, or you are clashing with a coworker, Success Under Stress provides a flexible array of strategies. You will learn how to: adjust your perspective to see opportunity instead of obstacles; alter your physiology to get focused when overwhelmed, energized when exhausted, and calm when wired; and change the problem to prevent the stress from returning. All in all, Success Under Stress offers a veritable arsenal of magic bullet solutions-hundreds of situation-specific, quick-acting tips for defusing stress and boosting productivity. Complete with quizzes, examples, exercises, and more, this practical book helps you gain control, exude calmness and confidence amidst everyday chaos, and achieve the success you richly deserve. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN....



Reviews

This publication is great. I have study and that i am sure that i will planning to read once more again in the foreseeable future. You will like how the article writer write this publication.

-- Dr. Uriel Kovacek

This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.

-- Aglae Becker

Related PDFs



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind! The 48-page Level 3 books, designed for...



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...