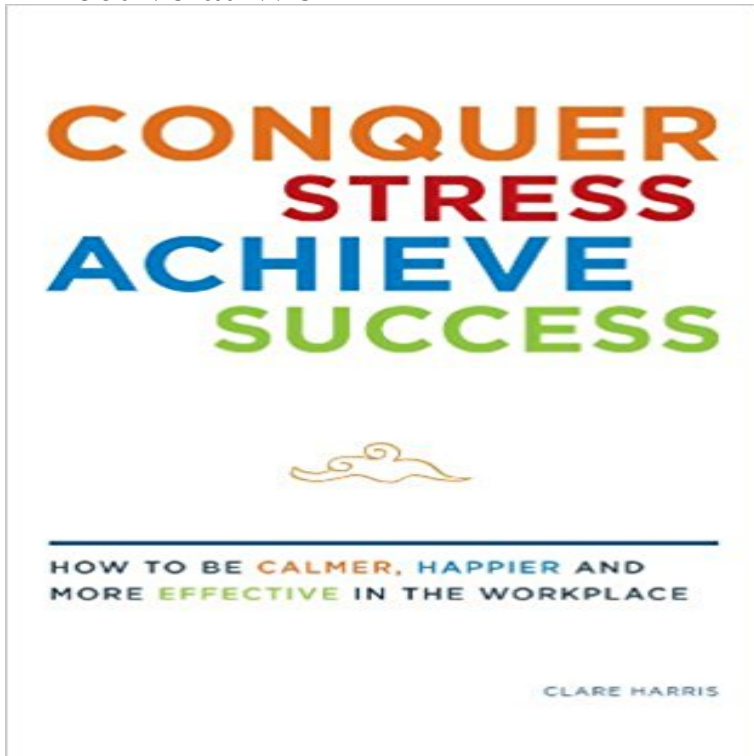


Conquer Stress, Achieve Success: How to be Calmer, Happier and More Effective at Work



Learn dozens of fail-safe ways to identify underlying problems, decide on optimum solutions, and then put those solutions speedily into effect. Conquer Stress Achieve Success is a personal development manual aimed at millions of stressed executives and managers who need practical, reliable strategies for dealing with the pressures of their careers. The book provides a wealth of practical guidance on how to think effectively, how to boost your energy and resilience, how to put pressure in perspective, how to avoid fatigue, and how to draw upon inner resources to calm and focus the mind. Benefit fully from the authors unique combination of experience in mind-body therapy, complementary health teaching and management development. A whole chapter (Sounds Familiar) is dedicated to the most common complaints within the workplace - for example, Ive got too much on my plate, Im drowning in emails and My job is under threat. Take the first steps to cope with stress.

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