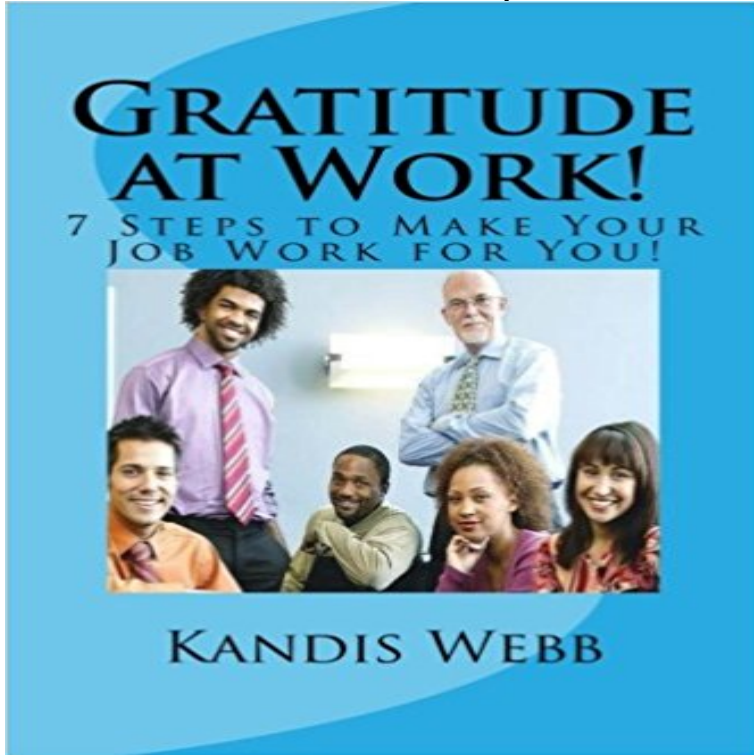


Gratitude at Work!: 7 Steps to Make Your Job Work for You!



Gratitude @ Work! 7 Steps to Make Your Job Work for You! guides hard-working employees like you through seven quick, easy to implement practices that will empower you to prosper on the job while reducing the mental, physical, and emotional stress you no longer want to endure. In this book, you'll journey through some very HR (human resources) unfriendly situations the author experienced at work, tips on what to do if you're experiencing similar situations, and learn the 7 steps that helped the author go from sad, passionless, and depressed (at work and in life) to passionate, purposeful, and empowered. This book is especially helpful if you know that not changing how you deal with job related stress will have a severely negative effect on your total well-being. You can't wait until retirement to escape job stress. Learn and implement these steps now so you can enjoy your working years and the rest of your life much more.

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