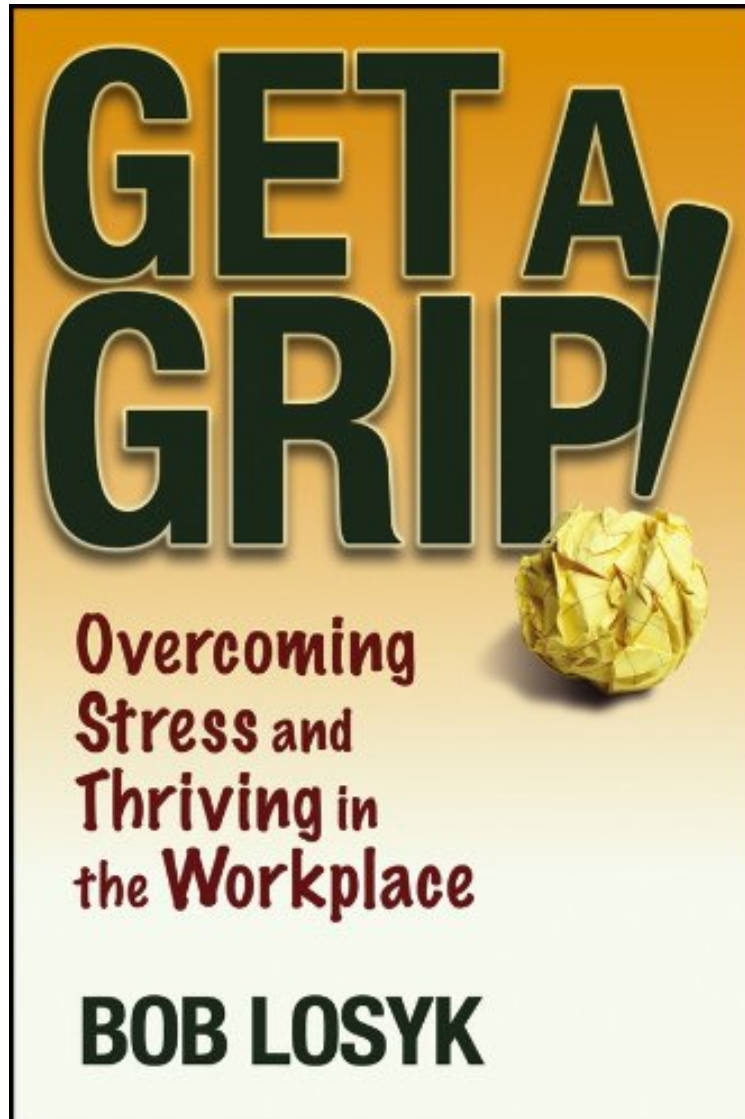


Get a Grip!: Overcoming Stress and Thriving in the Workplace

Bob Losyk

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Bob Losyk : Get a Grip!: Overcoming Stress and Thriving in the Workplace before purchasing it in order to gauge whether or not it would be worth my time, and all praised Get a Grip!: Overcoming Stress and Thriving in the Workplace:

5 of 5 people found the following review helpful. More Recycled GarbageBy Dano MaxwellAnother book that recycles the information found in the THOUSANDS of other similar books about the SAME topic.This guy throws a bunch of "TO DO" things at you, like MAKE TIME TO MEDITATE, MAKE TIME TO EXCERCISE, BREATHE DEEP, DON'T BINGE EAT.Heck if I could FInd the time to Meditate, and find the time to hit the Health Club after my 2 hour commute home each night, I wouldn't have the stress to begin with.Once again I heard about the Flight or

Fight response...it's getting kinda old now,..how many books are gonna carry that snippet of information.It was an absolute waste of more than 10 bucks which caused me even more stress.You can get the same info for free at Helpguide.Org,..but hey,....wadda I Know.0 of 0 people found the following review helpful. Definitely Reduced My Stress Using This Books PrinciplesBy CustomerI'm a high strung person that gets stressed easily but the doc said to reduce my stress at a time when work was at it's craziest. Work is still crazy but I'm not after employing the skills from this book. My job is even having to sue the state tax commission and I'm working through the stress as if it's just another day at the office. The book gives you the principles you just have to use them! I've become one of the more laid back people at work.0 of 0 people found the following review helpful. Three StarsBy Kelly Devinewas on time, thank you

Practical tips and easy exercises for relieving the stress of everyday life Get a Grip! offers powerful, prescriptive advice for living and thriving in our high-stress times. Integrating techniques that relax the mind, the body, and the spirit, it presents quick and easy ways to make the day less stressful-and get the most out of each and every day. For business owners, office workers, and even those who work at home raising a family, Get a Grip! helps them understand the sources of their stress and deal with it effectively with advice on such topics as: stress-busting exercises, breathing techniques, meditation, visualization, diet, attitude, humor and work/life balance. Though it's impossible to lead a completely stress-free life, Get a Grip! will help everyone-from CEOs to homemakers-deal with the difficulties of daily life. Bob Losyk (Fort Lauderdale, FL) is a business consultant, trainer, and international speaker whose clients include American Express, Honda, Marriott, Taco Bell, IBM, and Inc. magazine, among others. His articles on management have appeared in such magazines as Futurist, Travel Weekly and Training Development Journal.

From the Back Cover"Get a Grip! offers a healthy dose of practical advice. An absolute necessity for anyone who wants to stay on top, but who is at risk for the big burnout." mdash;George Dennish, MD, Clinical Professor of Medicine University of California, San Diego "This insightful and helpful book shows you how to take complete control of your emotions and achieve peak performance in every area of your life." mdash;Brian Tracy, author of Create Your Own Future Get a Grip! offers a powerful prescription for living and thriving in today's high-stress world. This reader-friendly guide takes a straightforward approach to conquering stress, presenting quick and easy tactics for relaxing and reviving the mind, body, and spirit. Stress expert Bob Losyk gives you the tools to identify the causes of stress in your life and shows you which stress-busting techniques best fit your lifestyle and schedule. Based on a wide range of influencesmdash;including nutrition and diet, meditation and breathing techniques, and relaxation exercisesmdash;you'll develop your own effective, personalized stress-fighting regimen. This book is for everyone who wants to live a better lifemdash;from CEOs to homemakers. Inside, you'll discover: The causes of stress and its impact on organizations and individuals How to measure your stress and get off the road to job burnout Exercise, meditation, and stretching techniques for relaxation and stress relief Tips on healthy nutrition for increased mental and physical well-being Fresh ideas for fun activities that rejuvenate your spirit and sense of humor Valuable insight on balancing your life and living it to the fullest Advice on simplifying and balancing your priorities to get more done under less pressure And fifty quick ideas for getting a grip on stressmdash;now! No matter what causes your stressmdash;and no matter how little time and how many commitments you havemdash;Get a Grip! will help you find easy ways to reduce everyday tension and live a happier, healthier life.About the AuthorBOB LOSYK is a business consultant, trainer, and international speaker on the topic of stress management. His clients include such corporations as American Express, IBM, Inc. magazine, Hyatt Hotels, Marriott Corporation, Honda, Subway, Taco Bell, and many more.