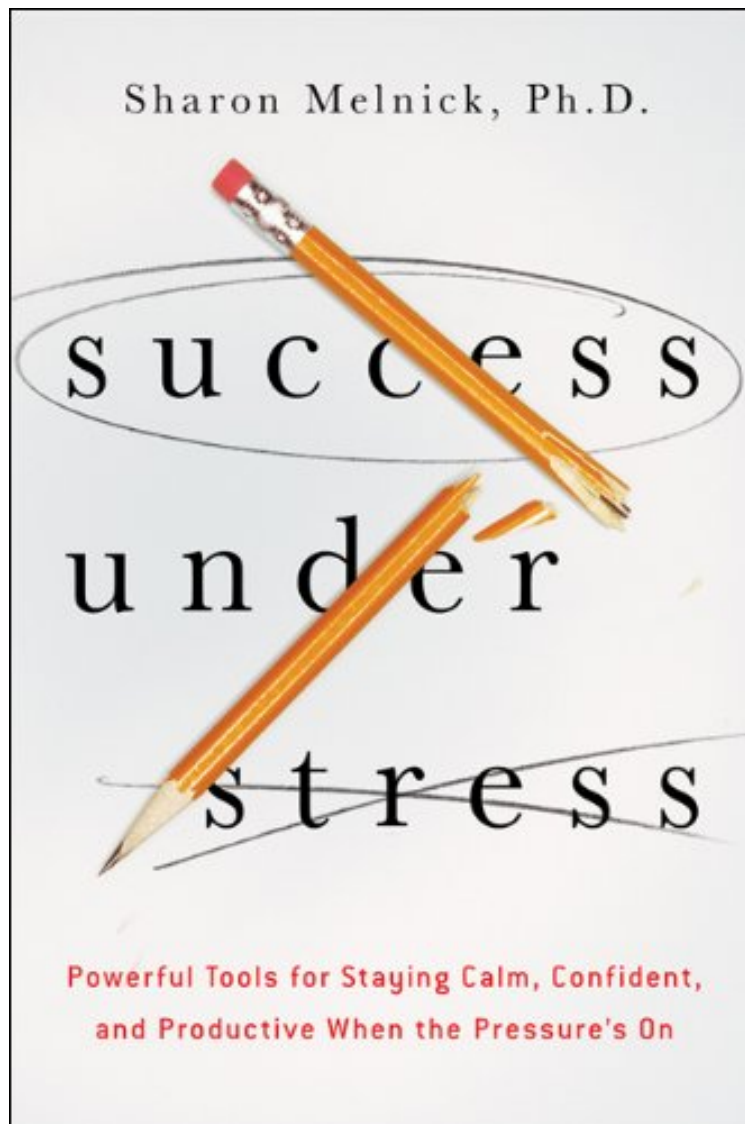


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Success Under Stress: Powerful Tools for Staying Calm, Confident, and Productive When the Pressure's On

Sharon Melnick Ph.D.

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Sharon Melnick Ph.D. : Success Under Stress: Powerful Tools for Staying Calm, Confident, and Productive When the Pressure's On before purchasing it in order to gage whether or not it would be worth my time, and all praised Success Under Stress: Powerful Tools for Staying Calm, Confident, and Productive When the Pressure's On:

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seems to know exactly what happened at your work and the thoughts and emotion you experience during stressful events. Simply knowing you are normal and that many of us suffer from stress in similar patterns is a big relief. Read those and it'll feel like you've talked to someone who really understands you. Then the book goes on and covers lots of practical recommendations that you can apply right away. In fact there are so many good advices that I think I've highlighted the most paragraphs in this book than all others I've read. 0 of 0 people found the following review helpful. This book is a "game change" for your life x stress routine. By Vitor VMSThis book indeed offers the Powerful Tools for Staying Calm, Confident, and Productive When the Pressure's On. At the end of the book you end gaining a new overview of the workload, and stress you carry upon yourself. Sharon Melnick successfully explains how does the stress work in our body, and how you can avoid and control it. This book is a "game changer" for your life x stress routine. 0 of 0 people found the following review helpful. Excellent resource for managing stress! By CustomerThis little book is filled with helpful tips to manage the way you view and manage your stressful work environment. The tools are easy to follow and really work. I highly recommend this book to anyone who feels overwhelmed with the pressures of a high stress work environment.

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 all-encompassing, stress-busting tool kit that goes far beyond breathing exercises and visualization techniques. Such one-size-fits-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**; **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.

Melnick's writing is level-headed, insightful, and instilled with positive energy. Each chapter in the book included helpful examples, relevant techniques, useful tools, and action plans. --ForeWord magazine From the Back Cover **The ability to get greater results and preserve well-being amidst change and challenge is the defining skill set of our times. Read this book— it is packed with life-changing insights and practical tools to put you in control of your own success.** — Marshall Goldsmith, New York Times bestselling author of *MOJO* and *What Got You Here Won't Get You There* **Overflowing email. Endless to-do lists where everything is a priority. Pain-in-the-neck colleagues. A crisis suddenly dumped on your desk. Nagging guilt. No doubt about it: For most of us, stress is the new normal.** Each day amid a steady stream of anxiety-producing events, it gets harder and harder just to stay afloat— and keep the tension from affecting your personal life— let alone achieve your next level of success. Conventional wisdom says we should eat right, get enough sleep, and take a deep breath. All good. Yet, even these don't always seem sufficient now. And anyway, who has the time? Business psychologist Sharon Melnick spent a decade researching tools and techniques for staying resilient and productive even under chaotic and ever-changing circumstances. In *Success Under Stress* Melnick supplies a treasure-trove of the most effective quick-fix tools that you can use immediately to: **Get back to sleep in 3 minutes if you wake up at night worrying about work**; **Increase the time you have to think— and to finish your high-priority work**; **Boost your productivity dramatically by following one simple, but very powerful rule**; **Turn obstacles into opportunities by getting the emotion out of situations**; **Keep a cool head— even when others drive you nuts**; **Turn self-criticism into self-confidence, and speak up more powerfully at meetings**; **Increase your focus during the day (and keep things from falling through the cracks!)**— and have more energy left at night. *Success Under Stress* provides a veritable arsenal of **magic bullet** solutions for increasing your productivity and minimizing your stress. It will help you turn down your internal pressure-cooker, remove friction from any relationship, and derive more career satisfaction than ever...all while exuding a level of calm and confidence that you've never known before. SHARON MELNICK, PH.D., is a business psychologist and stress-resilience speaker dedicated to helping professionals **get out of their own way.** Her practical tools are informed by 10 years of research at Harvard Medical School, and field-tested by more than 6,000 training participants and clients. About the Author SHARON MELNICK, PH.D., is a business psychologist dedicated to helping professionals **get out of their own way.** Her practical tools are informed by 10 years of research at Harvard Medical School and field-tested by over 6,000 training participants and coaching clients.