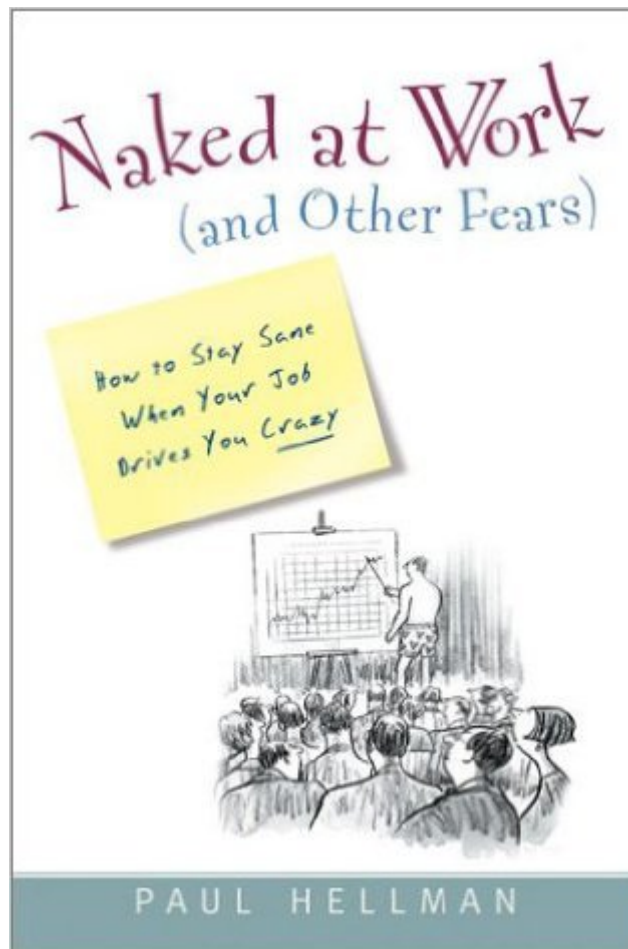


The book was found

Naked At Work (And Other Fears):: How To Stay Sane When Your Job Drives You Crazy



Synopsis

From "I bet I'm about to be fired," to "Do I have any spinach caught between my teeth," thousands of work-related thoughts race through our minds every day. This unique new book examines our stressed- out office life with easily recognizable (and hilariously funny) anxieties and absurdities, and - best of all - offers practical advice for staying sane on the job.

Book Information

Mass Market Paperback: 272 pages

Publisher: NAL Trade (December 3, 2002)

Language: English

ISBN-10: 0451207084

ISBN-13: 978-0451207081

Product Dimensions: 7 x 1 x 5 inches

Shipping Weight: 8.3 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #2,451,408 in Books (See Top 100 in Books) #71 inÂ Books > Business & Money > Business Culture > Health & Stress #4959 inÂ Books > Self-Help > Stress Management #21733 inÂ Books > Self-Help > Motivational

Customer Reviews

This is a great read that entertains you while still helping you to learn new ways of thinking and behaving. Some of the common sense approaches in here will make you wonder why you didn't think of it yourself! It takes reading *Naked at Work* to help you see why so many of your fears are unfounded, and how easy it is to ease them. I recommend this book for anyone having a tough time at work.

I don't know anyone who isn't stressed at work, and for all sorts of reasons. This book shows you that much of the stress can be overcome! Yes! In fact, most of these fears and anxieties are unfounded. I saw this book featured in *PARENTS* magazine, and I rushed out to buy my copy. It was well worth it. The book offers simple, straightforward solutions to make the workplace a better, more peaceful, place. I really enjoyed this book. It's actually FUN to read, even though it's quite informative.

This book is great for anyone who has ever thought before. It combines fun anecdotes, lessons

about adjusting your thinking (that don't necessarily hit you till hours later), and optimizing your brain power. It taught me a lot about how to get through the day at work and in life in a more efficient, productive and objective manner. I really liked it - and still like thinking about it. I need to read it again!

[Download to continue reading...](#)

Naked at Work (And Other Fears):: How to Stay Sane When Your Job Drives you Crazy Interview: Job Interview: HOW TO PREPARE FOR A JOB INTERVIEW AND MAKE SURE YOU GET THE JOB YOU DESIRE!: (+2nd FREE BOOK) 50+ Most Essential Questions (Interview, Search, Hunting, Job Interview) Interview: How To Best Prepare For An Interview And Land Your Dream Job In 2016! (Interview, Interviewing, Successful Interview, Interview Tips, Job Interview, ... Job Offer, Interview Questions, Dream Job) INTERVIEW: 12 Steps To Successful Job Interviews To End Your Job Search, Get Hired (Finding A Job, Google Interview, Interview Skills, Interview Questions, Career Change, Job Interview, Negotiation) Small Time Operator: How to Start Your Own Business, Keep Your Books, Pay Your Taxes, and Stay Out of Trouble (Small Time Operator: How to Start Your ... Keep Yourbooks, Pay Your Taxes, & Stay Ou) Sharkproof: Get the Job You Want, Keep the Job You Love... in Today's Frenzied Job Market Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship Getting Naked: A Business Fable About Shedding The Three Fears That Sabotage Client Loyalty Interviewing: Interview Questions - Job Interview ! Learn How to Job Interview and Master the Key Interview Skills! BONUS INCLUDED! 37 Ways to Have Unstoppable ... Interview! GET THE JOB YOU DESERVE! Book 1) Knock 'em Dead Job Interview: How to Turn Job Interviews Into Job Offers GET THAT BODYGUARD JOB NOW: HOW TO LAND A LUCRATIVE BODYGUARD JOB IN TODAY'S JOB MARKET How to Raise a Sane and Healthy Cat Right from the Start: Create a Sane, Soft, Well-Balanced Horse Jim Cramer's Real Money: Sane Investing in an Insane World Resume Writing 2016: Get the Job You Actually Want- An Ultimate Guide on Resume Writing and Tips to Win You Your Dream Job Are You Smart Enough to Work at Google?: Trick Questions, Zen-like Riddles, Insanely Difficult Puzzles, and Other Devious Interviewing Techniques You ... Know to Get a Job Anywhere in the New Economy You and Your Anxious Child: Free Your Child from Fears and Worries and Create a Joyful Family Life (Lynn Sonberg Book) 13 Things Mentally Strong People Don't Do: Take Back Your Power, Embrace Change, Face Your Fears, and Train Your Brain for Happiness and Success Your First Year in Network Marketing: Overcome Your Fears, Experience Success, and Achieve Your Dreams! Guerrilla Marketing for Job Hunters 3.0: How to Stand Out from the Crowd and Tap Into the Hidden Job Market using Social

Media and 999 other Tactics Today

[Dmca](#)