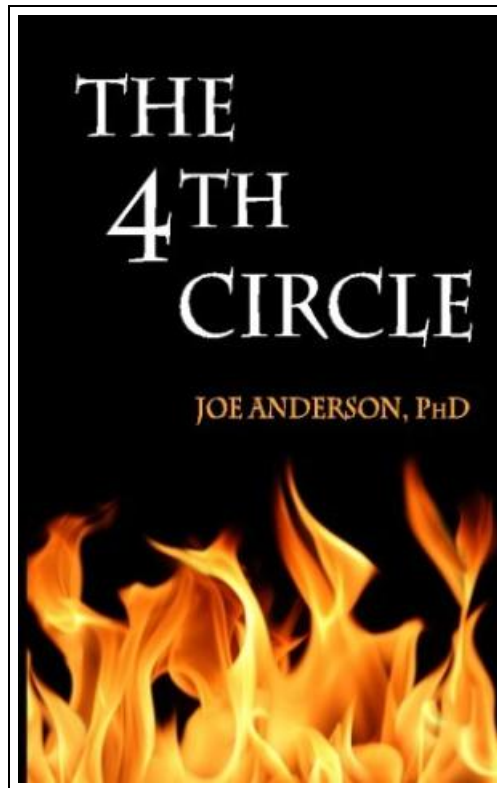


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Keynote Orlando, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Brad was the best and the brightest: owned a successful business, had a beautiful wife and family, was in the prime of his life. But he gave himself a stroke, and died on my office floor. I d like to make that the last one I witness. Joe Anderson, PhD. So that s where we ll begin. Being in charge is the most dangerous thing you will ever do. And it doesn t matter what, exactly, you re in charge of: church committee, home owner s association, marketing department, factory floor, or all of General Electric. The stress of being in charge can literally kill you. The isolation, uncertainty and helplessness of it all leads directly to stress. And when the stress continues unabated, we kick into anxiety and utter despair. And at that point, most folks succumb to a health disaster - or start looking for a short dock on which to take a long walk. But it doesn t have to be that way. We can uncover the prime causes of stress; and actually turn them into tools that help us master our jobs, our relationships, and therefore . our lives. It s not a miracle cure folks. But it has had remarkable results. Trust me, you do not want to end up face down on someone else s floor. It s not a good look.



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