



Naked at Work (and Other Fears): How to Stay Sane When Your Job Drives You Crazy (Paperback)

By Paul Hellman

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You and I have thousands of thoughts a day, and odds are, a lot of us are still wide awake at 3 a.m. sorting them out. Naked at Work will enlighten your thinking-and make you laugh-about the anxieties and absurdities of today's stressed-out workplace. Change forever the way you think about thinking, while increasing your resilience and resourcefulness at work. What the experts are saying . . . - An incredible book of wit and wisdom. A must read for anyone who worries about anything. I loved it! -Richard Carlson, Ph.D., bestselling author of Don't Sweat the Small Stuff . . . and It's All Small Stuff. - It's one of the wisest (and funniest) books I've ever read. In a world where there are so many books, this one shines like a diamond in a pile of pebbles. -Joan Borysenko, Ph.D., bestselling author of Minding the Body, Mending the Mind, co-founder and former Director of the Mind/Body clinical programs at two Harvard Medical School teaching hospitals. - Great fun combined with some profound...



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