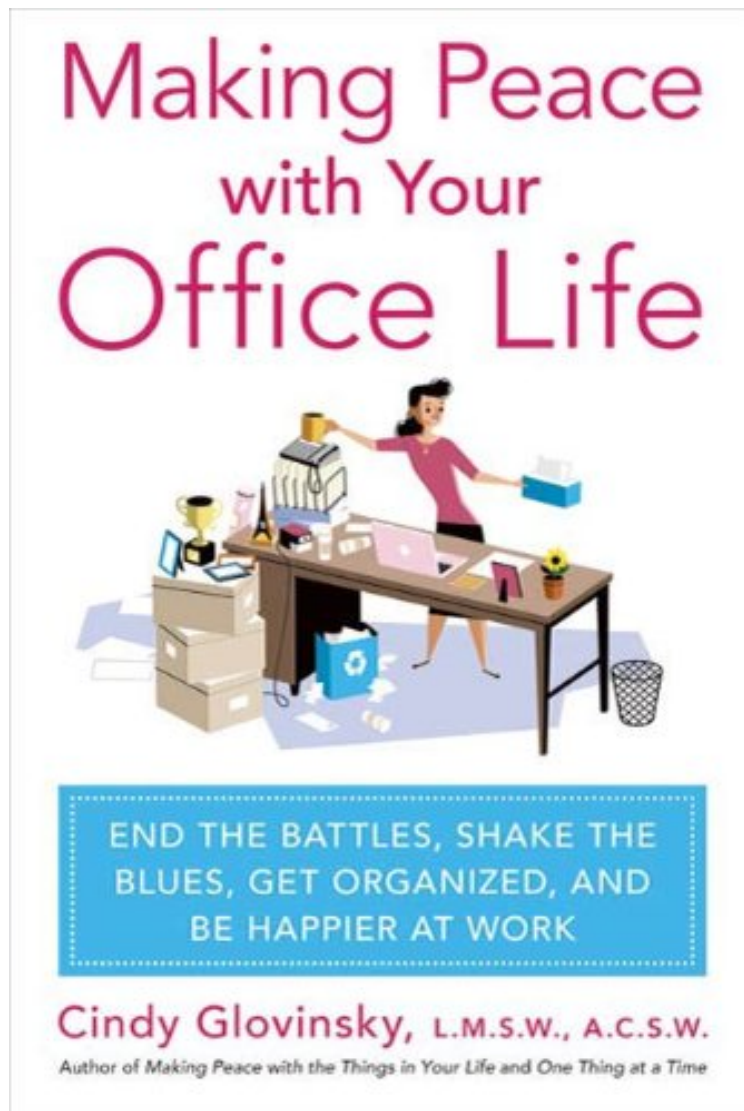


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## Making Peace with Your Office Life: End the Battles, Shake the Blues, Get Organized, and Be Happier at Work

Cindy Glovinsky

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**Cindy Glovinsky : Making Peace with Your Office Life: End the Battles, Shake the Blues, Get Organized, and Be Happier at Work** before purchasing it in order to gage whether or not it would be worth my time, and all praised Making Peace with Your Office Life: End the Battles, Shake the Blues, Get Organized, and Be Happier at Work:

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of 4 people found the following review helpful. A must have for all who have to deal with an office environment!By David D. MacksThis is essential if you want to keep your sanity in today's modern workplace. Remember man wasn't built to be confined in semi-solitary cubes living a sedentary life. Nature had designed us as hunter gatherers and for most of our existence this is just what we were. However with the advent of the industrial revolution man and woman left the farms and fields and headed to the cities and factories. The end result is that many of us now work indoors, at desks. This situation is anti-thetical to man's true nature and in response some of us have gone literally.... quite mad. This book tells you how to recognize these mad-persons who invariably either have dominion over you or report to you. Sitting behind a desk all day is torturous enough combine it with crazed, dangerous bosses and angry/lazy subordinates and you've a recipe for your own trip to the looney bin. This book helps you recognize the players, navigate the treacherous waters and possibly, save your sanity to boot.

Worfl of 3 people found the following review helpful. Nice orderBy RuntBought this book for my boyfriend whose job was chaos since has been laid off. Hope to find the book in our piles of stuff we moved so we can read it thanks came wrapped well and timely.

Do you feel disconnected and disorganized on the job?Do you feel powerless in the face of multiple office challenges, from organizing your desk to dealing with office bullies?Are you sick of it all and ready to be happy at work?Help is on the way! Cindy Glovinsky, licensed psychotherapist and expert on organizing and mental health, is uniquely qualified to offer solutions to your office blues, including:- Dozens of anecdotes and insightful exercises- Simple, effective organizing tips- Hundreds of easy ways to connect with colleagues- Great ways to make positive changes in the workplaceWhether you dread coming to work every day or you're just looking for a new way to deal with office issues, **MAKING PEACE WITH YOUR OFFICE LIFE** offers a fresh, liberating view of the office world and practical ways to cope with its day-to-day challenges.

"With its focus on workers' health and happiness, and emphasis on quality of life, **MAKING PEACE WITH YOUR OFFICE LIFE** is just the book for those who want to work to live rather than live to work. Read it and turn your office upside down!" - John de Graaf, executive director of Take Back Your Time and coauthor of *Affluenza: The All-Consuming Epidemic*