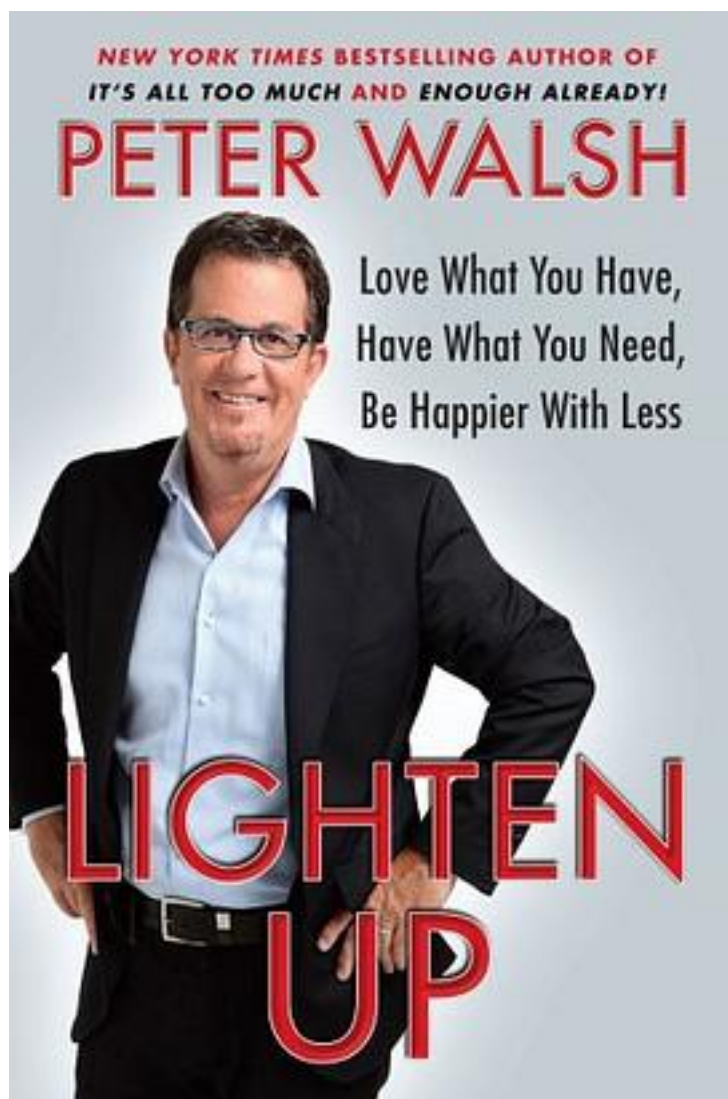


Lighten Up



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出版者:Perseus Books Group

出版时间:1993-5

装帧:Pap

isbn:9780201622393

Humor can help you thrive in change, remain creative under pressure, work more effectively, play more enthusiastically, and stay healthier in the process. But humor is also a set of specific, learned skills, and like any other discipline, these skills need to be developed. "Lighten Up "shows you how to build these skills so that you can see the absurdity in difficult situations and take yourself lightly while you take your job, problem, or challenge seriously.

作者介绍:

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