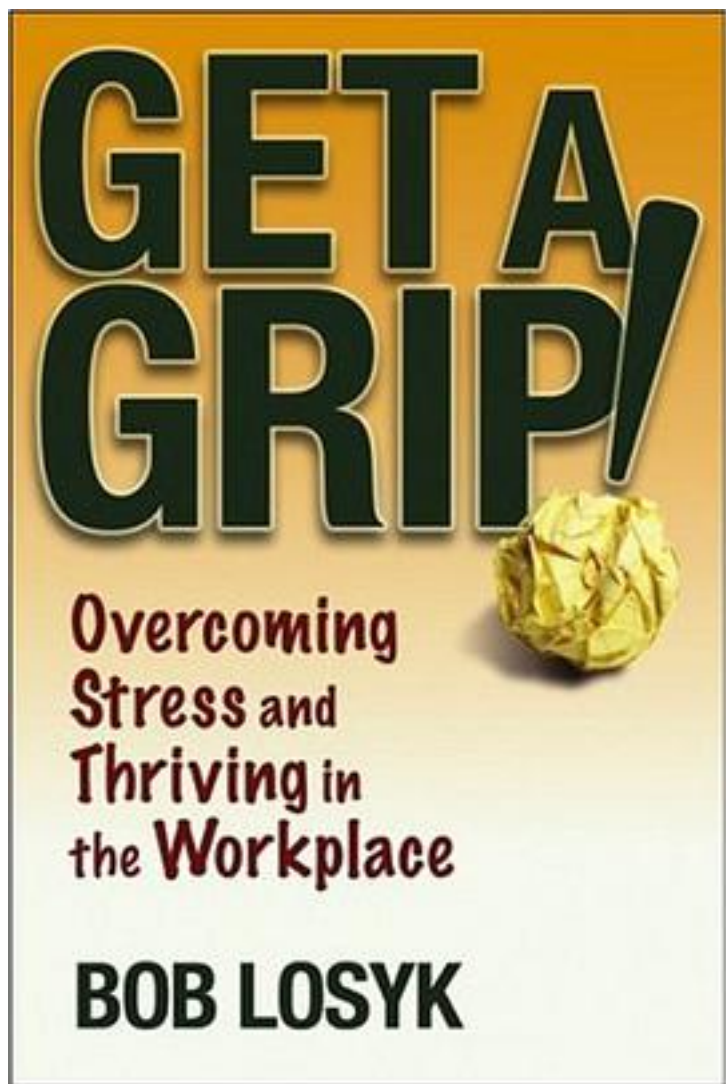


Get a Grip!



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Practical tips and easy exercises for relieving the stress of everyday life Get a Grip! offers powerful, prescriptive advice for living and thriving in our high--stress times. Integrating techniques that relax the mind, the body, and the spirit, it presents quick and easy ways to make the day less stressful--and get the most out of each and every day. For business owners, office workers, and even those who work at home raising a family, Get a Grip! helps them understand the sources of their stress and deal with it effectively with advice on such topics as: stress--busting exercises, breathing techniques, meditation, visualization, diet, attitude, humor and work/life balance. Though it's impossible to lead a completely stress--free life, Get a Grip! will help everyone--from CEOs to homemakers--deal with the difficulties of daily life. Bob Losyk (Fort Lauderdale, FL) is a business consultant, trainer, and international speaker whose clients include American Express, Honda, Marriott, Taco Bell, IBM, and Inc. magazine, among others. His articles on management have appeared in such magazines as Futurist, Travel Weekly and Training & Development Journal.

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