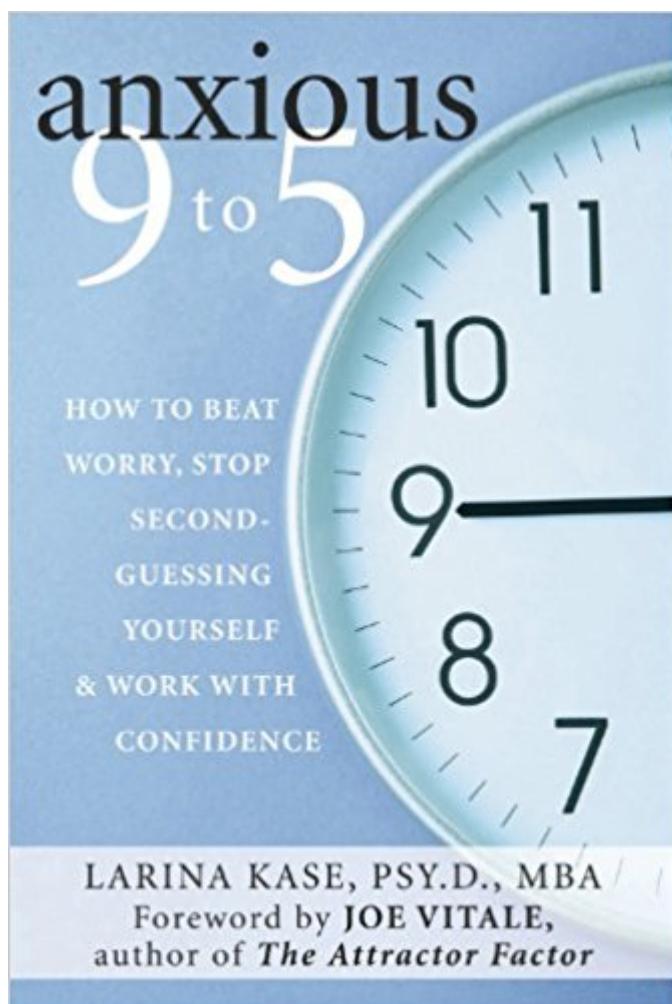


The book was found

# Anxious 9 To 5: How To Beat Worry, Stop Second-Guessing Yourself, And Work With Confidence



## **Synopsis**

Do you come to work wound-up and anxious, never quite able to calm down? Do pressing deadlines and a constant sense of urgency make you feel as if you just can't get ahead? Do you feel distracted and unable to focus throughout the day? Before you know it, you're spending sleepless nights worrying about what on-the-job disasters tomorrow will bring. Anxiety in the workplace is serious and can hold you back from achieving the success you deserve, despite how hard you work. *Anxious 9 to 5* offers simple and effective techniques to get your workplace anxiety under control once and for all so you can enjoy work and be more productive. First, you'll learn how anxiety develops in the workplace and, more importantly, how to stop it before it gets the best of you. After that, you're in control: customize the book's powerful exercises and self-evaluations to target your own personal workplace anxieties. In no time, you'll move past your obstacles and begin building confidence, focus, and a successful and fulfilling career—one day at a time. Get control over:

Anxiety, stress, and worry at work   The perils of perfectionism   Self-defeating thoughts   Fears of failure and public speaking   Procrastination and discomfort on the job   Difficulty being the boss

## **Book Information**

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## **Customer Reviews**

One of the few books that help the reader distinguish between the usual issue of dealing with stress at work and when it moves into anxiety. The greatest thing about this book is how useful and practical it is- you can go right from reading to ideas about how to tackle both small and big problems. Using guided exercises called coaching points, Dr. Kase helps readers themselves

pinpoint and address problematic issues. In addition, numerous case examples helps the discussions come alive. This book takes head on all the issues at work one can think of from procrastination to public speaking to perfectionism and beyond. Step by step strategies are provided in clear straight forward language though things though the complexity is addressed. I recommend this book highly to anyone who is trying to understand exactly why they are stressed at work and after figuring it out what to do about it. As a psychologist working with anxiety disorders, I would readily advise my patients as well as my friends to use itLynne Siqueland, Ph.D.

Are you a constant worrier, do you flip-flop on your decisions? Is it possible that a book can help you to overcome these traits and become successful in your career? Probably not. What it can help you do is to identify those behaviors and provide tips and techniques in to order to improve. Fear and anxiety can be crippling - especially in the workplace. Anxious 9-5 talks you through many of the factors that lead to fear and anxiety - then lead you through how to overcome and cope. For example, Chapter 4 discusses what happens when you are your own harshest critic. Suffering from self doubt is the surest way to hold you back. As with each chapter, the author provides coaching points to identifying the problem and provides actions steps to move forward. While you may not be comfortable with the suggestion to "create and implement a plan to do something that makes you uncomfortable," they do say that it's ok to start small. It's important to remember however, that unless you commit yourself to change - all the books in the world will do nothing for you other then use as paper to line your book shelves. I found the best parts of the book were contained in the "coaching points." The author provided sound advice - it's up to the reader as to whether or not to follow.

This book is great for someone who is anxious when they are at work. It helps the person work with more confidence, be a better leader, stop worry, stop perfectionism, stop fears at work, stop self-defeating thoughts, stop stress, and have more success. It is well written and easy to read. I recommend the book to anyone to read. It has helped me in my work. I am glad I found the book at .

Wow! What a great resource this book has been for me. Being a small business owner has many challenges, anxieties, stresses... and Larina's book has been a tremendous read for me. Not only has it been awesome to me, but I will be ordering a copy for each of my employees as well. Thanks Larina for another great addition to my library!

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