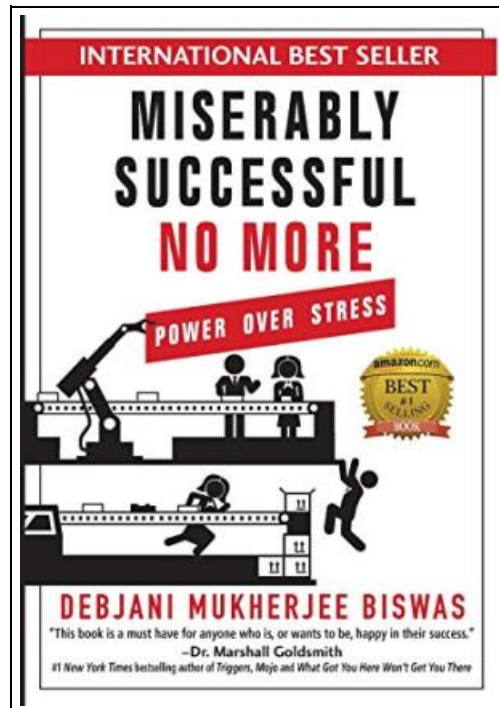


Miserably Successful No More: Power Over Stress (Hardback)



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Reviews

This publication might be worthy of a read through, and superior to other. It normally is not going to charge excessive. Its been written in an remarkably simple way and is particularly just after i finished reading through this book through which in fact transformed me, alter the way i really believe.

(Juston Mraz)

MISERABLY SUCCESSFUL NO MORE: POWER OVER STRESS (HARDBACK)



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Performance Publishing Group, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Power Leader and author Debjani Mukherjee Biswas second book in the unity through differences series asks: Why is there a global epidemic of the miserably successful . Miserably Successful No More asks how individuals can harness authentic power and emotional intelligence by understanding their unique styles. The author uses an engineering mindset of data harvesting and pattern recognition to identify keys to stress reduction. Dr. Marshall Goldsmith, #1 New York Times bestselling author of Triggers, Mojo and What Got You Here Won t Get You There endorses the book, saying: This book is a must have for anyone who is, or wants to be, happy in their success. Success should not be miserable! Mukherjee Biswas teaches you how to alleviate these trappings of success - stress, unhappiness, exhaustion. Success should feel good. Miserably Successful No More explores the challenges of success, how to overcome them and be happy. Based on observations and informal data gathering, key M.I.S.E.R.Y. sources are summarized: Materialism, Incongruence, Stress, Emptiness, Relationships and the Yeti (negative self-talk). An original Communications Style Framework - Two Truths and a Lie - asks: are you a blunt hammer , a glossy brush or a skillful glue gun - direct yet strong in relationships? Delving further into the M.I.S.E.R.Y framework, she summarizes key sources of S.T.R.E.S.S: Style, Time, Rx i.e. health, Ego, Surroundings and Substance. Each issue is analyzed, with an array of practical solutions. We examine our purpose, uncover deep-rooted style biases, major stressors and practical, powerful solutions. This is an easy read with structured worksheets, informal ways to process information (customized to style and personality), compelling thought-provoking questions, practical tools and original concepts. About The Author Mukherjee Biswas is a renowned...



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