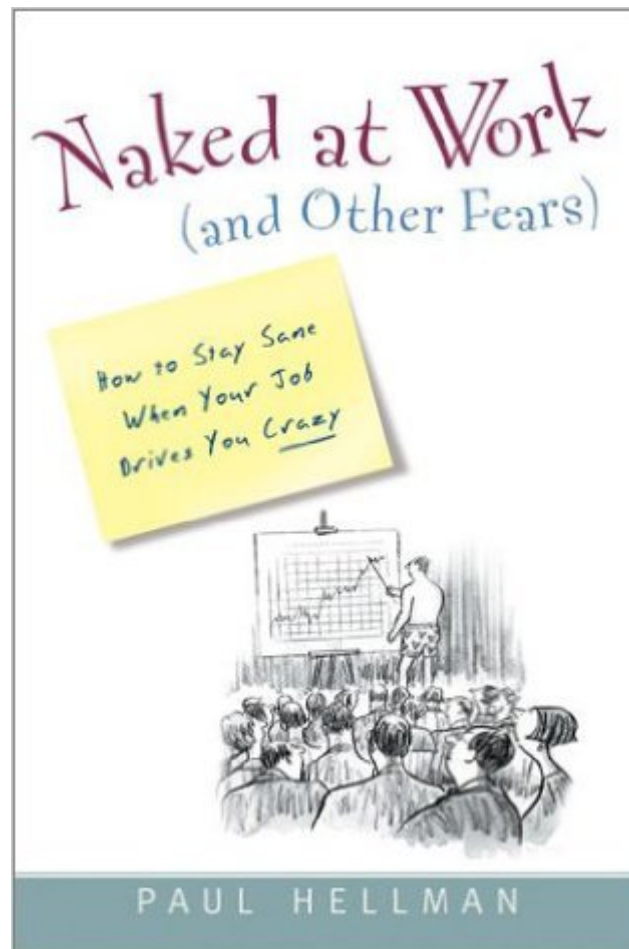


The book was found

Naked At Work (And Other Fears):: How To Stay Sane When Your Job Drives You Crazy



Synopsis

From "I bet I'm about to be fired," to "Do I have any spinach caught between my teeth," thousands of work-related thoughts race through our minds every day. This unique new book examines our stressed-out office life with easily recognizable (and hilariously funny) anxieties and absurdities, and - best of all - offers practical advice for staying sane on the job.

Book Information

Mass Market Paperback: 272 pages

Publisher: NAL Trade (December 3, 2002)

Language: English

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ISBN-13: 978-0451207081

Product Dimensions: 7 x 1 x 5 inches

Shipping Weight: 8.3 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #2,451,408 in Books (See Top 100 in Books) #71 in [Books > Business & Money > Business Culture > Health & Stress](#) #4959 in [Books > Self-Help > Stress Management](#) #21733 in [Books > Self-Help > Motivational](#)

Customer Reviews

This is a great read that entertains you while still helping you to learn new ways of thinking and behaving. Some of the common sense approaches in here will make you wonder why you didn't think of it yourself! It takes reading *Naked at Work* to help you see why so many of your fears are unfounded, and how easy it is to ease them. I recommend this book for anyone having a tough time at work.

I don't know anyone who isn't stressed at work, and for all sorts of reasons. This book shows you that much of the stress can be overcome! Yes! In fact, most of these fears and anxieties are unfounded. I saw this book featured in PARENTS magazine, and I rushed out to buy my copy. It was well worth it. The book offers simple, straightforward solutions to make the workplace a better, more peaceful, place. I really enjoyed this book. It's actually FUN to read, even though it's quite informative.

This book is great for anyone who has ever thought before. It combines fun anecdotes, lessons

about adjusting your thinking (that don't necessarily hit you till hours later), and optimizing your brain power. It taught me a lot about how to get through the day at work and in life in a more efficient, productive and objective manner. I really liked it - and still like thinking about it. I need to read it again!

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