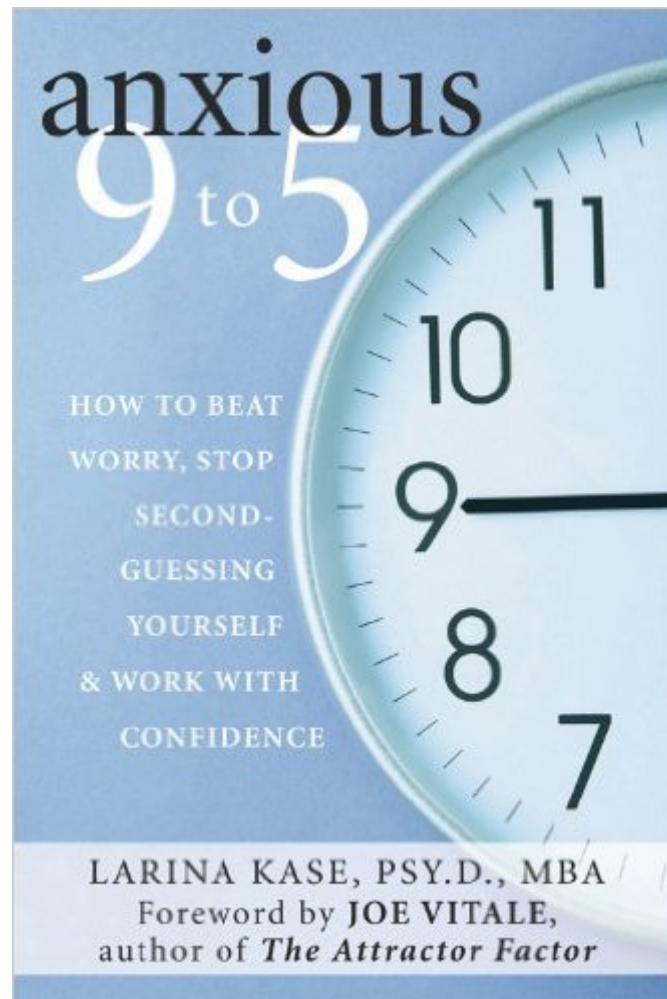


The book was found

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

Paperback: 232 pages

Publisher: New Harbinger Publications; 1 edition (September 1, 2006)

Language: English

ISBN-10: 157224464X

ISBN-13: 978-1572244641

Product Dimensions: 5.9 x 0.5 x 8.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #912,333 in Books (See Top 100 in Books) #309 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational](#) #460 in [Books > Medical Books > Psychology > Occupational & Organizational](#) #3588 in [Books > Business & Money > Job Hunting & Careers > Guides](#)

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!

[Download to continue reading...](#)

Anxious 9 to 5: How to Beat Worry, Stop Second-Guessing Yourself, and Work with Confidence
Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and
Independent Children Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness
& Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety,
Confidence, Charisma, Introvert) Confidence: Gorilla Confidence - Simple Habits To Unleash Your
Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) The
Worry Cure: Seven Steps to Stop Worry from Stopping You Anxiety: 15 Ways To Boost Your
Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS-
1hour Life Coaching Session. Overcome Anxiety Today) Rewire Your Anxious Brain: How to Use
the Neuroscience of Fear to End Anxiety, Panic, and Worry Change Your Habits Change Your Life:
Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop
Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Stop Smoking: Now!! Stop Smoking the
Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood
Pressure, Heart Disease, Lung Cancer, Smoking, Stop) And Then She Was GONE: A riveting new
suspense novel that keeps you guessing until the end REAL POWER: Rise Above Your Nature and
Stop Feeling Angry, Anxious, or Insecure (1) The Irritability Cure: How To Stop Being Angry,
Anxious and Frustrated All The Time How to Love Yourself: How to Have More Self- Confidence &
Start Living Your Life to Be Happy Again (How to Love Yourself, Feel Confident and Be Happy Book
2) Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) Stop Smoking:
Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit
Smoking Cigarettes for Life (Quit Smoking Method) Superhero Killer Confidence: Easy Actions to
Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any
Barrier: (Become Unstoppable and Live Life to the Fullest) Self-Discipline: Achieve Unbreakable
Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!:
Self control, ... Self-Confidence, Self-esteem, Organizing) 10 Days to Superhuman Confidence:
Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self
Esteem, Success) (SUPERHUMAN IMPROVEMENT) Self Esteem: Mastering Your Life!- Building
High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) NLP: Essential
Crash Course to Harnessing the Power of NLP for: Mind Control, Hypnosis, & Self Confidence
(Psychology of Success, Confidence, Motivation, Communication, Emotions, Behavior Book 1)

[Dmca](#)