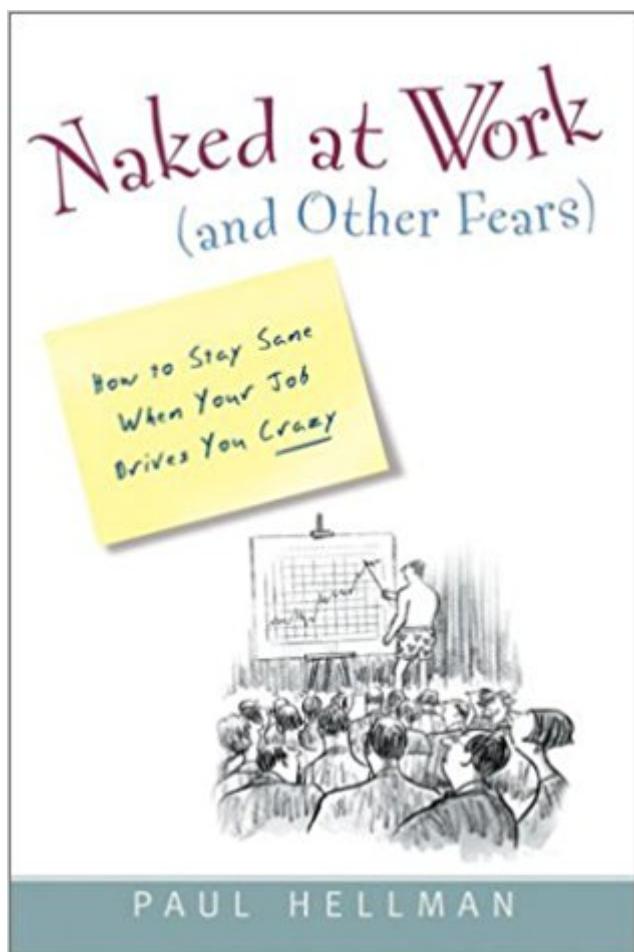


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# Naked At Work (And Other Fears): How To Stay Sane When Your Job Drives You Crazy



## **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**

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## **Customer Reviews**

Hellman (Ready, Aim, You're Hired), a management consultant and frequent commentator on the lighter side of office life for CNN's Financial Network, strives for a humorous approach as he focuses on 117 workplace anxieties, ranging from major concerns (losing one's job) to minor frets (what to wear on casual day). Organized into two parts, each including selected problems and coping strategies, the material is aimed at helping readers better understand that their fears are largely irrational. To that end, Hellman hopes to balance positive thinking with insight, practicality, and a healthy dose of humor. However, finding substance here means wading through material that seems more apt as fodder for a stand-up comic routine. The result is best suited to stage presentations at human resource manager conventions or to daytime talk shows. Stick with such works as Albert Ellis's *A Guide to Rational Living* or Richard Bolles's *What Color Is Your Parachute?*-Dale Farris, Groves, TX Copyright 2002 Reed Business Information, Inc.

"A zippy, snappy, smart, funny, and above all useful guide. This is a light read with a hefty message." -- Edward M. Hallowell, M.D., author of "Worry," and Psychiatry Instructor, Harvard

Medical School"An incredible book of wit and wisdom. A must read for anyone who worries about anything. I loved it!" -- Richard Carlson, bestselling author of "Don't Sweat the Small Stuff... And It's All Small Stuff"Give someone you love a copy....This book will remind you, readers, that nobody's job is a picnic. -- Ann LeFarge, Constant ReaderGreat fun combined with some profound thinking! -- Albert Ellis, Ph.D., author of A Guide to Rational LivingIn my editions of Parachute?, I have always quoted something brilliant that Paul Hellman said... Highly recommended, of course! -- Richard N. Bolles, author of What Color is Your Parachute?It's one of the wisest (and funniest) books I've ever read... this one shines like a diamond in a pile of pebbles. -- Joan Borysenko, Ph.D., author of Minding the Body, Mending the MindPractical and humorous, wise advice on how to cope with and eliminate stress at work. -- Herbert Benson, M.D., author of The Relaxation ResponseRefreshing and devilishly funny... -- PopMatters Books[Hellman's] techniques deal with finding the upside when you think you're upside down. All the techniques are rock solid. -- Jim Pawlak, Biz Books

I love this book, and have given copies to several friends. The advice in it is a simplified cognitive behavior therapy modality, and it really helped me.

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 offer 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!

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.

As an employer of over 350 employees, I think this book may be the best way to jump start their thinking. In an engaging way, this book makes a point of challenging your every thought and helps one find some light at the end of the tunnel. Read it twice and give it out to everyone in your organization, particularly those people who have been there too long.

This was an excellent book! I laughed out loud several times during the first half. I felt as though Paul somehow secretly observed our department since many of the examples were so personal and real life. The book has many suggestions that can be immediately put into use. I am at so I can order copies for my boss and my boss' boss!

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