



## Crazy: Do not work trivial happy workplace 100 recipe for decompression(Chinese Edition)

By MEI ) LI CHA DE KA ER SEN

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2013 Pages: 208 Language: Chinese in Publisher wisdom Tips: Guangdong People's Publishing House work decompression. changing workplace status quo mind the Bible! Listless every Monday. hoping Friday is right around the corner; bed in the morning. check out the location work. often out of breath to punch; are not going well. I feel that all are directed to; boredom; contents on repeat constantly work hard to concentrate minds; weekend how sleep not recover from fatigue. hearing the news of karoshi worried . problems. stress. conflict and difficulties this is the work of the inherent elements simply complain or escape not only on the physical and mental unhelpful. reduce and even make your work performance. can not play the greatest enthusiasm and potential. thus greatly affect your future! World famous motivational Carlson. combined with their own personal work experience and dozens of professionals have their own experiences. you 100 practical strategies to help you ease the emotional stress. and to establish a harmonious and win-win relationship. more efficient the completion of the work. and to achieve self-improvement....



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