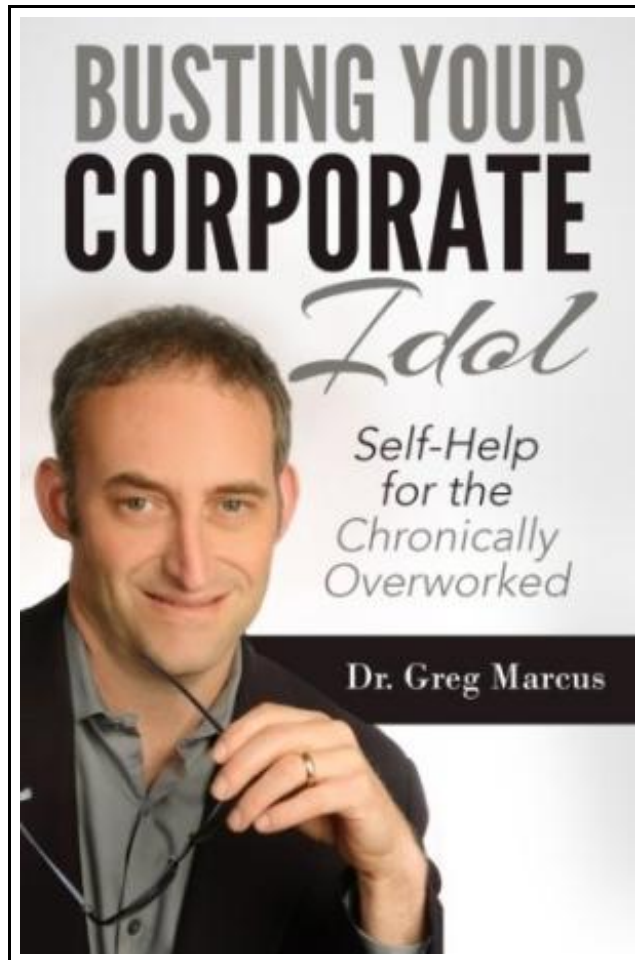


## Busting Your Corporate Idol: Self-Help for the Chronically Overworked



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### ***Reviews***

*Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).*

*(Myrl Hintz)*

## BUSTING YOUR CORPORATE IDOL: SELF-HELP FOR THE CHRONICALLY OVERWORKED



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Idolbuster Coaching Institute, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tired of stress at home because you are thinking about work all the time? Recovering workaholic and celebrated life coach Dr. Greg Marcus shares the story of how he cut his hours by a third in a way that made him more productive and more effective at work. Busting Your Corporate Idol offers a step-by-step approach so you can too. Busting Your Corporate Idol tells stories from the corporate world the way it really is - where successful people secretly suffer from stress-related illnesses, and selfless people become depressed because they don't understand that some people will never reciprocate. You will learn how to avoid these pitfalls. In this book you see the exact method Dr. Greg Marcus used to reduce his hours by a third while becoming more productive at work. He did this in less than a year, without changing jobs, and in a toxic environment. You'll see step by step how you can do the same thing. Understand the Root Cause of Overwork The book starts by explaining that values and priorities determine our decisions and actions. The key to living a happier and more balanced life is a shift from company to people. As you read, Busting Your Corporate Idol will teach you: Who to trust at work How to debunk cognitive illusions that lead to stress, anxiety, and longer hours Why you risk becoming depressed if you don't understand your corporate culture Work Less, Achieve More Many books teach you how to cope with stress, recognize depression, or practice time management. Useful skills, but not a long-term solution. More important is a step-by-step approach to change the habits...



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