



## Positive Under Pressure: How to be Calm and Effective When the Heat is on

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By Gael Lindenfield, Malcolm Vandenburg

Avenue Books. Paperback. Book Condition: new. BRAND NEW, Positive Under Pressure: How to be Calm and Effective When the Heat is on, Gael Lindenfield, Malcolm Vandenburg, This book, based on the authors' highly successful workshops, will help you to harness the positive energy of pressure without feeling the damaging effects of stress. An innovative mind-body system, 'Positive Under Pressure' will help you to handle a work project, a job interview, a sports event or simply the stresses and strains of contemporary life. Whether you're a high achiever who likes life in the fast lane, or someone who is simply trying to make peace with their stress-filled life, this book can help. Understand and control your early warning signs of stress; Achieve and maintain 'flow' state; Say 'No' assertively; Ask for your needs to be met; Think positively; Relax yourself with a set of techniques you can use anytime, anywhere.



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