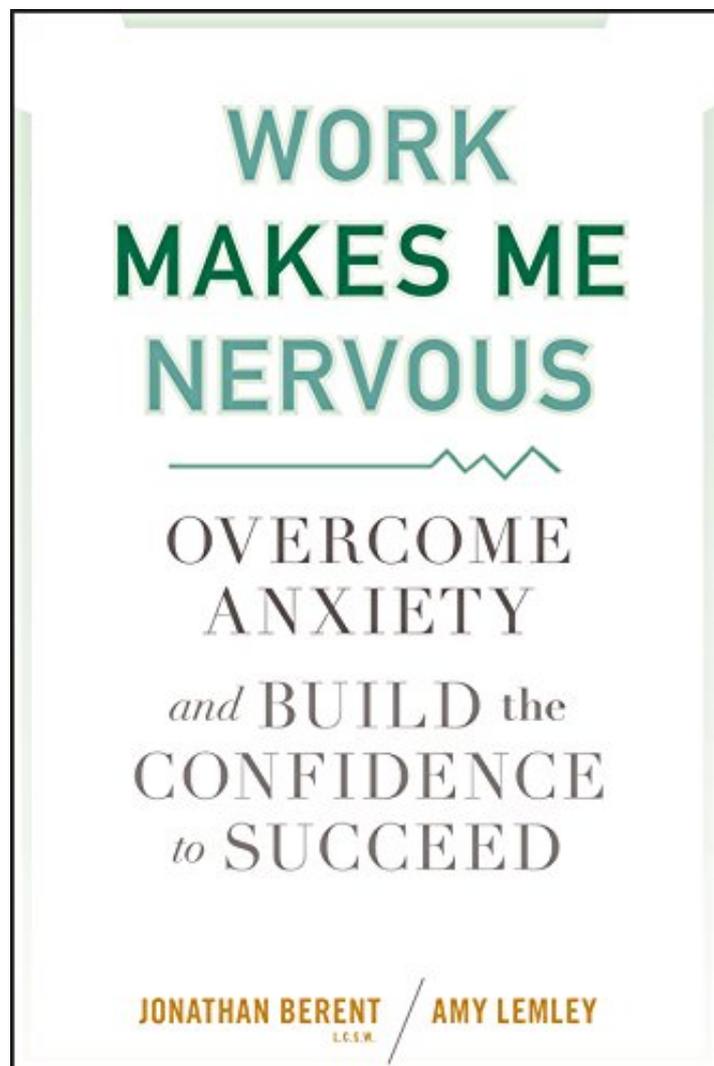


Work Makes Me Nervous: Overcome Anxiety and Build the Confidence to Succeed

by

Jonathan Berent



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Synopsis

A proven therapeutic method that channels workplace anxiety into powerful, confident performance. Millions of people are afraid of work. The situations they fear may be different—public speaking (e.g., presentations and speeches), meetings, conference calls, new assignments, performance reviews, promotions or praise, client consultations, team projects, and so on. But the feeling is often the same: some combination of obsessive worry, fear of being noticeably nervous, clammy hands, racing thoughts, sweating, blushing, heart palpitations, trouble breathing, and more. That feeling is called "workplace anxiety." And *Work Makes Me Nervous* is the cure. An effective self-empowerment training program, *Work Makes Me Nervous* lays out a proven therapeutic method for dismantling the wall between you and your ability to excel at work. The program trains you to:

- Channel workplace anxiety into powerful performance
- Identify anxiety symptoms and pinpoint where fears originate
- Achieve a High Performance Mind through a technique called Mind States Balance
- Abandon fear and ride the wave of adrenaline through every work situation

Filled with real stories of real people and a 21-day developmental program of practical exercises and effective stress-management techniques, *Work Makes Me Nervous* will enable you to finally say, "I can handle whatever situations come my way."

What people say about this book

Liz Krebs, "An informative read. I enjoyed this book and have since shared it with a friend. Please note that to receive any benefits, you have to participate in the activities provided."

Ebook Tops Reader, "I need to return this item. I need to return this. Unopened. Found different item better suited"

moorecaroline, "Offers realistic and practical solutions to anxiety/dealing with adrenaline. I bought this book because I feel like my nerves can sometimes hold me back in work. This book helped me realise that the feelings I sometimes experience when presenting, in meetings, or speaking to superiors is perfectly normal and offers practical solutions to deal with these feelings. There are exercises throughout the book to complete. The reason I only gave a 4 is because I am off on leave from work at the moment so cannot yet apply what I have learned. I do think it will help me though."

J. M., "Worth reading!! I think this book really hones in on the main reasons for feeling nervous at work or at social situations in general. It teaches you not to be afraid of your fear/adrenaline response but embrace it and eventually move past it. For someone who has suffered from this affliction for many years and finally finding some relief, this book goes a long way to helping one find their "voice.""

Meow, "Very helpful. Written in a style which is easy to follow, practical hints and ideas that I had not read in other self help books about anxiety."

charles rountree, "Five Stars. Thanks!"

ken Schultz, "Great book.. After reading the book, I realized what it was that made me uncomfortable on the job and I quit. I didn't need that."

Claire, "Thorough and Incisive. This is a well-researched and well-WRITTEN book. Even if a reader does not suffer from this particular disorder, this book stands on its own as a fascinating window into a little-discussed but apparently very common problem."

Mr P, "Social Anxiety approached from within. You need to really question your anxiety for this to even start to help, it is worth it. I need to re read and practice the exercises but I'm 100% confident this will help me deal with my adrenaline. A must read."

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