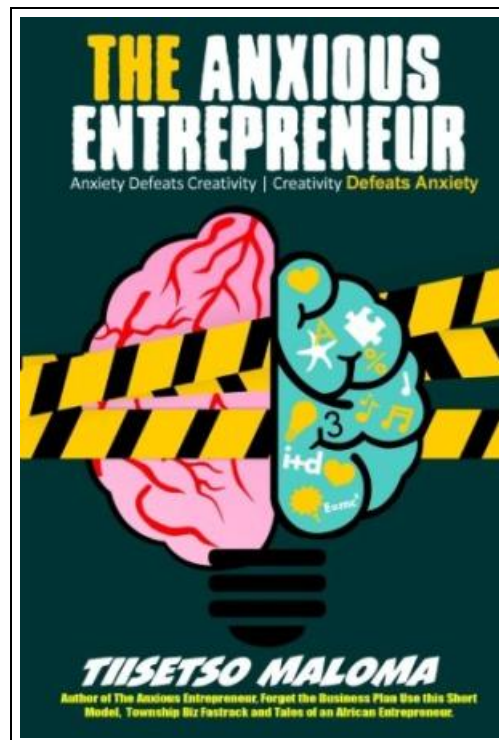


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gain productivity, creativity and joy - defeat anxiety and stress It was at about 3:35 pm. I felt I was about to faint or have a panic attack. The day was not going well. Over and above, I was overly tired. It had been weeks since I had any win . Therefore I needed to hustle people on the phone even if it was 4:00 pm. I was desperate. For goodness sake, that time is around knock off time. A business pitch is the last thing they would want to hear. An earlier rejection email had heightened the panic. All these triggered my mind to think I have no hope: immediately, I time travelled to the past and the future. I saw no advantage of what my past has brought to today and I saw no light in my future. Anxiety invades our productivity and therefore our goals. All it takes is to not see progress in a day, then a week or a month. The next thing you know, you are standing at the peak of the highest anxiety hill, depressingly recalling your record of failures and doubting your future. This book goes through what to do to counter such episodes - and below are things you can do now: 1. Start the day with personal fulfilment activities 2. Work on business potential tasks early on and for a fixed time 3. Escape frustration tasks 4. Use people s energies to defuse anxieties The book s theme and of which is the subtitle is Anxiety Defeats Creativity - Creativity Defeats Anxiety. It means we can actively defuse our career anxieties through applying creativity. Hi, my name is Tiisetso Maloma and I...



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