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Busting Your Corporate Idol: Self-Help for the Chronically Overworked (Paperback)

By Greg Marcus Ph D

Idolbuster Coaching Institute, United States, 2014. Paperback. Condition: New. 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...



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