



Miserably Successful No More: Power Over Stress (Paperback)

By Debjani M Biswas

Performance Publishing Group, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Power Leader and author Debjani Mukherjee Biswas second book in the unity through differences series asks: Why is there a global epidemic of the miserably successful . Miserably Successful No More asks how individuals can harness authentic power and emotional intelligence by understanding their unique styles. The author uses an engineering mindset of data harvesting and pattern recognition to identify keys to stress reduction. Dr. Marshall Goldsmith, #1 New York Times bestselling author of Triggers, Mojo and What Got You Here Won't Get You There endorses the book, saying: This book is a must have for anyone who is, or wants to be, happy in their success. Success should not be miserable! Mukherjee Biswas teaches you how to alleviate these trappings of success - stress, unhappiness, exhaustion. Success should feel good. Miserably Successful No More explores the challenges of success, how to overcome them and be happy. Based on observations and informal data gathering, key M.I.S.E.R.Y. sources are summarized: Materialism, Incongruence, Stress, Emptiness, Relationships and the Yeti (negative self-talk). An original Communications Style Framework - Two Truths and a Lie -...



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Reviews

It is fantastic and great. It is written in easy words and phrases instead of confusing. I am just delighted to explain how this is actually the best book I have got read through during my individual life and might be the finest publication for ever.

-- Prof. Murl Shanahan DDS

It is in a single of my favorite publications. It really is really interesting through studying period. Your life period will probably be transformed once you total looking at this book.

-- Janie Schultz I