



Quickie Stickies

100
Pick-Me-Ups
for When You're
Feeling
Unglued

written by **Karen Salmansohn**

illustrated by **Ellen Weinstein**

Quickie Stickies 100 Pick Me Ups For When Youre Feeling Unglued

G Thomas



Quickie Stickies 100 Pick Me Ups For When Youre Feeling Unglued:

Quickie Stickies Karen Salmansohn,2003-01-01 A collection of affirmations with attitude Quickie Stickies is Salmansohn author of I Don t Need to Have Children I Date Them at her sharpest and most unexpectedly inspirational Includes 100 self stick leaves bound in a pad with a board cover Consumable **Enjoy!** Gini Graham Scott,2008 Every year we find ourselves working harder longer and at a faster pace Many of us find it impossible to find time to relax much less create ways to make our jobs more enjoyable Finally here is an antidote for overstressed workers everywhere As an expert in personal and professional development Gini Graham Scott has helped people all over the world find more enjoyment in their work and personal lives In *Enjoy* she shares her secrets for adding fun to life at the office Using examples from her workshops and interviews with psychologists and recreation professionals she shows how to relieve stress anxiety and tedium from everyday life Readers will find tips on how to change their attitudes so they have more fun bring humor and laughter to the workplace use relaxation exercises to help them ease tension during the work day pinpoint what they most appreciate about their job use fantasy and visualization to conquer boredom rethink their work goals to avoid frustration and feeling stuck Most of us spend more than a third of our lives at work Finally here is the book that can make that part of our lives infinitely more enjoyable **The Publishers Weekly** ,2003 *The Writers Directory 2008* Michelle Kazensky,2007-06 Features

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