



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

Gini Graham Scott



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 Salmonsohn 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 bibliographical biographical and contact information for living authors worldwide who have at least one English publication Entries include name pseudonyms addresses citizenship birth date specialization career information and a bibliography

Quickie Stickies Karen Salmansohn, Ellen Weinstein,2003-01-01 Karen Salmansohn is a New Edge guru a sassy savvy writer with a perfect ear for the lives of young professional women their relationships their careers And she is an all around creative spirit her hip gift books are as clever in concept as they are dead on in execution Quirky little treasures Even *God Is Single* *I Don t Need to Have Children I Date Them* and *How to Make Your Man Behave in 21 Days or Less* together have about 300 000 copies in print A collection of affirmations with attitude Quickie Stickies is Karen Salmansohn at her sharpest and most unexpectedly inspirational This unique package is a book of 100 sayings printed on Post ups that can be and are meant to be stuck anywhere and everywhere on the fridge the computer a boyfriend s briefcase an office door a bathroom mirror Each is an aphorism to live by not fatuous daily thoughts or recycled spiritual mumbo jumbo but sly street wit and wisdom And each is wonderfully illustrated with retro colors and graphics To wit I d rather be a role model than a supermodel printed on the face of a bathroom scale The only thing a gal can ever change in her man is maybe his wardrobe next to a gingerbread man in a lime green shirt Live now Procrastinate later blinks a clock radio On a Buddhist s shaved head I have to let myself know what I know you know In bold black type on a field of chartreuse Be a warrior not a worrier And in a candy colored collage with a cliff the one that sums it all up If you re not living on the edge you re taking up too much room

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