



# Who's in Charge: Attacking the Stress Myth

*Scott Sheperd*

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## **Who's in Charge: Attacking the Stress Myth** Scott Sheperd

This is not another one of those feel-good, think-happy-thoughts-and-you'll-be-fine stress books. *Who's In Charge?* is targeted at readers who have developed the bad habit of blaming stress for everything negative in their lives — from the workplace to the homefront.

Routinely blaming stress for our woes, as if it were an unseen entity that lurks behind every door, is a far-reaching problem that has been promulgated by pop psychologists for far too long. Dr. Sheperd differentiates "real" stress (an internal physiological response or condition) from "pop" stress (such as being stressed out by your boss), and he encourages readers to rethink the habit of using stress as an excuse for bad behavior in their everyday lives.

This book attacks the stress myth, including ridiculous popular concepts, such as the paper-and-pencil stress test and stress "management." Dr. Sheperd says, "You are not doomed to spend your life managing your stress." *Who's In Charge?* will give readers a totally new insight into the popular concept of stress. This is a book that will help them:

- Rethink how they look at stress — and their own role in it
- Become aware that they are going to have to work to make things better
- Develop techniques to avoid giving away their power
- Understand that the way they view stress affects both their work and home life
- Quit fighting to stay miserable
- Implement strategies to keep Professional Negative people from pulling them down
- Realize that power is about choices; and if they don't see the choices, they don't experience the power
- Identify the importance of courage in moving forward with their lives
- Switch from just making a living to embracing the art of living
- Acknowledge the importance of the words they use to describe their situations, because words don't just describe situations, they can also create them
- Learn what they must do to see the world with new eyes.

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In this era globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. Typically the book that recommended to your account is Who's in Charge: Attacking the Stress Myth this reserve consist a lot of the information in the condition of this world now. This specific book was represented just how can the world has grown up. The terminology styles that writer use to explain it is easy to understand. The particular writer made some analysis when he makes this book. That is why this book acceptable all of you.

#### Diane McCarthy:

Is it a person who having spare time in that case spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This Who's in Charge: Attacking the Stress Myth can be the solution, oh how comes? The new book you know. You are therefore out of date, spending your time by reading in this completely new era is common not a nerd activity. So what these publications have than the others?

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