



No te ahogues en un vaso de agua por el trabajo (Dont Sweat the Small Stuff at Work)

Richard Carlson

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Work occupies a great part of daily life and each position generates tensions that are stressful. Decisions, relationships with co-workers and bosses, pressures and diverse situations that one must face, can produce stress and exhaustion. The author teaches how to interact in a cordial and productive manner with bosses, colleagues and clients. Learn to reduce stress by changing the perspective of your job, which will offer a harmonious life in the office and at home.

Description in Spanish: El trabajo ocupa gran parte de la vida diaria. Las decisiones, el trato con compañeros y jefes, la presión y las diversas situaciones que deben enfrentarse, pueden producir estrés, agotamiento y, en algunos casos, la enajenación de la propia vida.

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