



# Success Under Stress: Powerful Tools for Staying Calm, Confident, and Productive When the Pressure's On

*Sharon Melnick Ph.D.*

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## **Success Under Stress: Powerful Tools for Staying Calm, Confident, and Productive When the Pressure's On** Sharon Melnick Ph.D.

From overflowing priority lists to power-hungry colleagues to nagging parental guilt, stress is the defining characteristic of most of our lives. Real help is here—an all-encompassing, stress-busting tool kit that goes far beyond breathing exercises and visualization techniques. Such one-size-fits-all methods are no match for the stressors we experience daily in our overcomplicated lives.

Whether you have too many projects, your confidence is flagging, or you are clashing with a coworker, Success Under Stress provides a flexible array of strategies. You will learn how to:

- Adjust your perspective to see opportunity instead of obstacles
- Alter your physiology to get focused when overwhelmed, energized when exhausted, and calm when wired
- Change the problem to prevent the stress from returning

All in all, Success Under Stress offers a veritable arsenal of “magic bullet” solutions—hundreds of situation-specific, quick-acting tips for defusing stress and boosting productivity. Complete with quizzes, examples, exercises, and more, this practical book helps you gain control, exude calmness and confidence amidst everyday chaos, and achieve the success you richly deserve.

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