



# **How To Reduce Workplace Conflict And Stress: How Leaders And Their Employees Can Protect Their Sanity And Productivity From Tension And Turf Wars**

*Anna Maravelas*

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An alarming 88% of Americans cite hostility, desk-rage, and workplace incivility as top concerns. **How to Reduce Workplace Conflict and Stress will help executives, supervisors, and managers-and the people that work for them-protect pride, profit and productivity from these disabling emotions. Protect your career and workplace from the hidden costs of workplace tension and hostility.**

**With How to Reduce Workplace Conflict and Stress, you will learn how to:**

- \* Handle the daily onslaught of frustration without losing momentum, mood or confidence.
- \* Avoid the conflict and cynicism that drains profits, resources, and relationships.
- \* Discover why anger makes people irrational, lonely, and depressed and how to quickly calm agitated colleagues and customers.
- \* Experience the fiscal and personal benefits of being "hard on the problem and soft on the people."
- \* Replace bitterness about the past with shared responsibility for the future.
- \* Create a blame-resistant, emotionally resilient workforce.

"This is the insider's guide for navigating the frustrations, irritability, and incivility of organizational life. This book nails the problem and provides a beautiful, ground-breaking solution - one that restores pride and protects profits." - Ken Blanchard, co-author of *The One Minute Manager* and *The One Minute Apology*.

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Spent a free time for you to be fun activity to perform! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Could be reading a book could be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled How To Reduce Workplace Conflict And Stress: How Leaders And Their Employees Can Protect Their Sanity And Productivity From Tension And Turf Wars can be great book to read. May be it may be best activity to you.

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