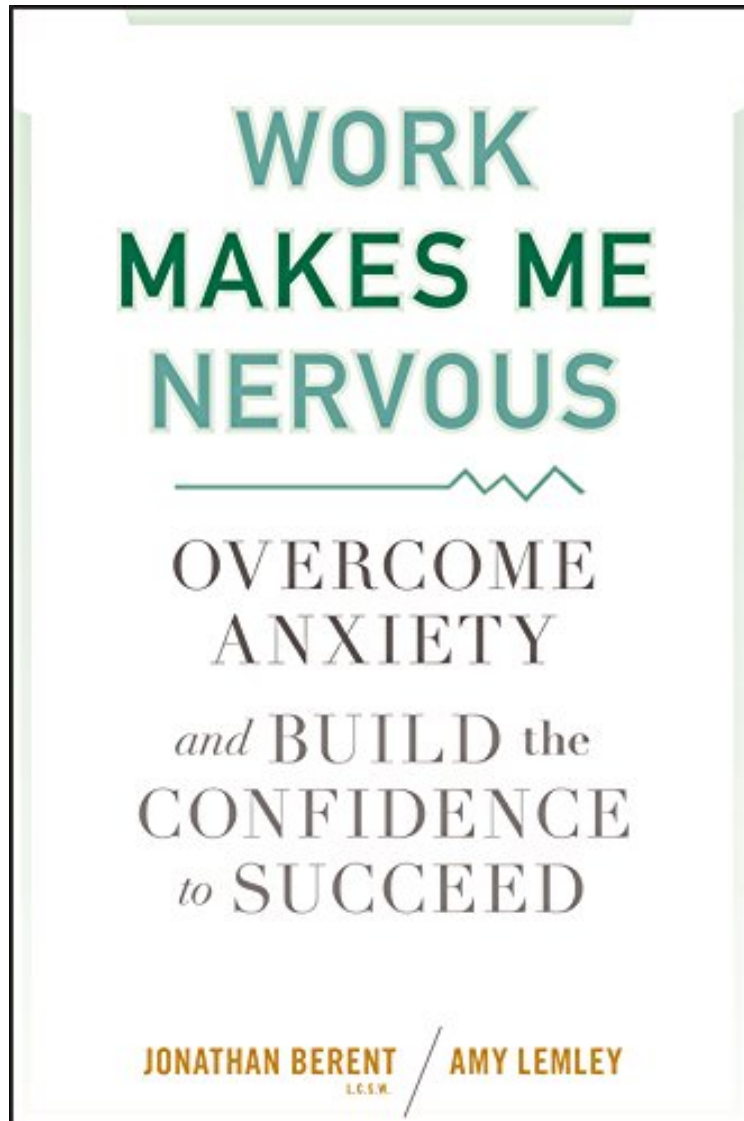


Work Makes Me Nervous: Overcome Anxiety and Build the Confidence to Succeed

Jonathan Berent, Amy Lemley
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Jonathan Berent, Amy Lemley : Work Makes Me Nervous: Overcome Anxiety and Build the Confidence to Succeed before purchasing it in order to gauge whether or not it would be worth my time, and all praised Work Makes Me Nervous: Overcome Anxiety and Build the Confidence to Succeed:

1 of 1 people found the following review helpful. Very helpfulBy MeowWritten in a style which is easy to follow, practical hints and ideas that I had not read in other self help books about anxiety.3 of 4 people found the following review helpful. Offers realistic and practical solutions to anxiety/dealing with adrenalineBy moorecarolineI bought this

book because I feel like my nerves can sometimes hold me back in work. This book helped me realise that the feelings I sometimes experience when presenting, in meetings, or speaking to superiors is perfectly normal and offers practical solutions to deal with these feelings. There are exercises throughout the book to complete. The reason I only gave a 4 is because I am off on leave from work at the moment so cannot yet apply what I have learned. I do think it will help me though. 7 of 13 people found the following review helpful. Thorough and Incisive By Thomas G This is a well-researched and well-WRITTEN book. Even if a reader does not suffer from this particular disorder, this book stands on its own as a fascinating window into a little-discussed but apparently very common problem.

A proven therapeutic method that channels workplace anxiety into powerful, confident performance Millions of people are afraid of work. The situations they fear may be different--public speaking (e.g., presentations and speeches), meetings, conference calls, new assignments, performance reviews, promotions or praise, client consultations, team projects, and so on. But the feeling is often the same: some combination of obsessive worry, fear of being noticeably nervous, clammy hands, racing thoughts, sweating, blushing, heart palpitations, trouble breathing, and more. That feeling is called "workplace anxiety." And *Work Makes Me Nervous* is the cure. An effective self-empowerment training program, *Work Makes Me Nervous* lays out a proven therapeutic method for dismantling the wall between you and your ability to excel at work. The program trains you to: Channel workplace anxiety into powerful performance Identify anxiety symptoms and pinpoint where fears originate Achieve a High Performance Mind through a technique called Mind States Balance Abandon fear and ride the wave of adrenaline through every work situation Filled with real stories of real people and a 21-day developmental program of practical exercises and effective stress-management techniques, *Work Makes Me Nervous* will enable you to finally say, "I can handle whatever situations come my way."

From the Inside Flap Many people briefly get butterflies in their stomach in high-pressure work situations such as public speaking or job interviews. But if you've experienced crippling anxiety in your professional life, you know it's not something you can just shrug off. The feeling and symptoms--obsessive worry, fear of being noticeably nervous, clammy hands, racing heart, trouble breathing, and so on--aren't merely unpleasant and discouraging. They also hide your true professional talents and abilities and block your career progress and job satisfaction. The good news is that you don't have to suffer this unwelcome anxiety anymore. *Work Makes Me Nervous* empowers you to transform your stress into positive energy to fuel success using an evidence-based, step-by-step method. This friendly, down-to-earth resource combines practical psychological techniques and exercises with real-life stories showing how everyone from entry-level workers to seasoned executives and famous sports and media figures have encountered and successfully dealt with workplace anxiety--and how you can too. Focusing on proven tools rather than gimmicky quick fixes or slogans, *Work Makes Me Nervous* lays out a straightforward system you can learn and put into practice in twenty-one days. You'll discover how to: Diagnose your particular symptoms and use them to create your map for change Understand and balance your five mind states Achieve and maintain a High Performance Mind Master the five-step Adrenaline Control Technique Use the power of adrenaline to your advantage Keep your brain healthy and build on your success In today's competitive market, the world of work is especially stressful, and that likely won't change soon. What can change are your negative reactions to that stress. *Work Makes Me Nervous* shows you the way to generate positive responses that boost your performance and improve your overall life and health.

From the Back Cover **WORK MAKES ME NERVOUS** Many people briefly get butterflies in their stomachs in high-pressure work situations such as public speaking or job interviews. But if you've experienced crippling anxiety in your professional life, you know it's not something you can just shrug off. The feelings and symptoms--obsessive worry, fear of being noticeably nervous, clammy hands, racing heart, trouble breathing, and so on--aren't merely unpleasant and discouraging. They also hide your true professional talents and abilities and block your career progress and job satisfaction. The good news is that you don't have to suffer this unwelcome anxiety anymore. *Work Makes Me Nervous* empowers you to transform your stress into positive energy to fuel success using an evidence-based, step-by-step method. This friendly, down-to-earth resource combines practical psychological techniques and exercises with real-life stories showing how everyone from entry-level workers to seasoned executives and famous sports and media figures have encountered and successfully dealt with workplace anxiety--and how you can too. Focusing on proven tools rather than gimmicky quick fixes or slogans, *Work Makes Me Nervous* lays out a straightforward system you can learn and put into practice in twenty-one days. You'll discover how to: Diagnose your particular symptoms and use them to create your map for change Understand and balance your five mind states Achieve and maintain a High Performance Mind Master the five-step Adrenaline Control Technique Use the power of adrenaline to your advantage Keep your brain healthy and build on your success In today's competitive market, the world of work is especially stressful, and that likely won't change soon. What can change are your negative reactions to that stress. *Work Makes Me Nervous* shows you the way to generate positive responses that boost your performance and improve your overall life and health.

About the Author **JONATHAN BERENT, L.C.S.W.**, is a medically trained professional business performance consultant and the founder of Berent Associates. For over thirty years, Jonathan has pioneered

psychotherapy for social anxiety and related problems. He is certified in clinical social work by New York State and as a biofeedback therapist by the Association of Applied Psychophysiology and Biofeedback. Jonathan has worked with over 10,000 people as well as corporate clients such as NBC, Bloomingdale's, and the United Federation of Teachers. For more information, please visit www.socialanxiety.com AMY LEMLEY is a freelance marketing copywriter and Web content specialist as well as a senior editor at the University of Virginia's Darden School of Business. In addition to her business perspective, Amy provides powerful insight into workplace anxiety, having experienced it herself and conquered it by following Jonathan's program. www.socialanxiety.com