

No Hard Feelings: The Secret Power of Embracing Emotions at Work

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## Summary:

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The modern workplace can be an emotional minefield, filled with confusing power structures and unwritten rules. We're expected to be authentic but not too authentic. Professional but not stiff. Friendly but not an oversharer.

As organizational consultants and regular people, we know what it's like to experience uncomfortable emotions at work - everything from mild jealousy and insecurity to panic and rage. Ignoring or suppressing what you feel hurts your health and productivity but so does letting your emotions run wild.

In this book we'll help you figure out which emotions to toss, which to keep to yourself, and which to express in order to be both happier and more effective. We'll share the latest research and helpful tips, and reveal the surprising reason why you'll actually be more healthier and focused if you're less passionate about your job.

Drawing on what we've learned from behavioural economics, psychology and our own experiences at countless organizations, we'll show you how to bring your best self (and your whole self) to work every day.

dict.cc Wörterbuch :: No hard feelings :: Englisch-Deutsch ... Dieses Deutsch-Englisch-Wörterbuch basiert auf der Idee der freien Weitergabe von Wissen. Mehr Informationen! Enthält Übersetzungen von der TU Chemnitz sowie aus Mr Honey's Business Dictionary (Englisch/Deutsch. no hard feelings - Deutsch-Übersetzung "Linguee Wörterbuch Viele übersetzte Beispielsätze mit "no hard feelings" - Deutsch-Englisch Wörterbuch und Suchmaschine für Millionen von Deutsch-Übersetzungen. The Avett Brothers - No Hard Feelings No Hard Feelings (Official Video) Available on the new album True Sadness Download Here: <http://republicrec.co/TrueSadness> Keep up with The Avett Brothers:.

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Avett Brothers - No Hard Feelings Lyrics | MetroLyrics Lyrics to 'No Hard Feelings' by Avett Brothers. When my body won't hold me anymore / And it finally lets me free / Will I be ready? / When my feet won't walk. No hard feelings | Define No hard feelings at Dictionary.com No resentment or anger, as in I hope there are no hard feelings about excluding your group. This idiom uses hard in the sense of "severe" or "harsh," a usage dating from about a.d. 1000. Urban Dictionary: no hard feelings Hard feelings means sadness or taking stuff personally, or in a hard harsh way.. you can use hard feelings like, "no offense" or "not taken personally" or "no hate".

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