



**Workplace Anxiety: How to Deal With Stress,  
Conflict, Toxic Coworkers and Bosses, and Fear of  
Losing Your Job: How to Deal With Stress,  
Conflict, ... and Bosses, and Fear of Losing Your  
Job**

*David Leads*

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We spend over a third of our weekday lives at work. We see our coworkers more than we see our family. Given all this time we spend working, it's crucial we're happy at work to be happy with life. So what do you do if just thinking about work makes you feel upset, anxious, worried, or just puts you in a bad mood? It's necessary to take charge of your life at work. But how do you do this? By actively managing the relationships you have with the people you work with – your boss and your coworkers. What This Book Can Do For You You can become stronger, more productive, and more fulfilled at work. This book teaches you how. Starting with an explanation of workplace anxiety, this book will help you identify where you're having problems at work. Next, this book provides you with simple tips and tactics you can use to immediately make your work life better. What do you do about a difficult or toxic boss? Learn to teach your boss how to work for you, around your best working style. What about competitive and combative coworkers? Minimize stress and increase your productivity at work with a few easy ways to improve your relationships with your coworkers, all while maintaining your job security. Last, this book discusses anxiety related to the fear of losing your job. Learn how to position yourself to either save your job or quickly find a new one by empowering yourself and making it clear just how much value you provide. This book will help you create better relationships at work and be happier at work but this book is not a substitute for professional help. If you are having severe workplace anxiety that prevents normal daily functioning, then please go seek professional help too. The happier and more fulfilled you are at work, the happier and more fulfilled you will be in your life.

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