

# LIGHTEN UP

Survival Skills for People Under Pressure



C.W. METCALF and ROMA FELIBLE

# Lighten Up Survival Skills For People Under Pressure A William Patrick

**DJ Losen**



## **Lighten Up Survival Skills For People Under Pressure A William Patrick :**

**Lighten Up** C. W. Metcalf, Roma Felible, 1993-05-21 Humor can help you thrive in change remain creative under pressure work more effectively play more enthusiastically and stay healthier in the process But humor is also a set of specific learned skills and like any other discipline these skills need to be developed *Lighten Up* shows you how to build these skills so that you can see the absurdity in difficult situations and take yourself lightly while you take your job problem or challenge seriously

**Coping with Calamities** Sarah W. Fraser, 2004-04-04 This book is about three important words coping calamity and leader Each of these has a dictionary definition and each is also very specific to the context within which they are used and subject to the perceptions of those who use them e Coping is defined by the Oxford English Dictionary as to contend evenly grapple successfully It is about recovery about making it through the difficult times or over the obstacles Implicit within coping is the notion of survival of being able to continue So who is a e Leader This book is based on the premise that we are all leaders Some of us hold formal positional roles that we use to define ourselves as leaders for others it is more subtle Everyone in this book has demonstrated leadership within his or her community Every person in this book is an ordinary leader for whom ordinary and sometimes extra ordinary mishaps happen There are many books that cover the high profile leaders in the world Our aim is to share with you what happens when every day leaders meet every day calamities and how they cope with them

**The Publishers Weekly** ,1993 *Lighten Up* C. W. Metcalf, Roma Felible, 1992-05-20 *Lighten Up* shows you how to be more relaxed and resilient productive and creative in a world that doesn't necessarily want to cooperate *Bibliographic Guide to Psychology* New York Public Library. Research Libraries, 1992 Publications cataloged by the Research Libraries of the New York Public Library with additional entries from the Library of Congress MARC tapes Dictionary arrangement Entries include LC cataloging information the ISBN number and NYPL holdings

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