



Work without Stress: Building a Resilient Mindset for Lasting Success

Derek Roger, Nick Petrie

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FORGET EVERYTHING YOU KNOW ABOUT STRESS.

If you're like most people, you probably think that stress is an inevitable part of life. The truth is: it's not. In a groundbreaking 30-year study, Dr. Derek Roger has discovered that everything we think we know about stress—and how we should “manage” it—is just plain wrong.

STRESS IS A CHOICE.

It is not a natural response to the pressures of work. It's a choice that you make, consciously or not, to worry and fret and agonize over the work you need to do—instead of just doing it.

WORK DOESN'T HAVE TO BE STRESSFUL FOR YOU TO BE SUCCESSFUL.

This book offers a radically different approach to stress. It's about being resilient. Flexible. Mentally awake and in the moment. It's about changing your mindset to keep things in perspective instead of adding fuel to the fire with negative thoughts. The techniques you'll find in this book are powerful, practical, and proven to work—without stress.

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