



## Its Always Personal: Navigating Emotion in the New Workplace

By Anne Kreamer

Random House Trade. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.0in. x 5.1in. x 0.7in. An innovative study of gender, emotion, and power, *Its Always Personal* is an essential companion for everyone navigating the challenges of the contemporary workplace. How often have we heard its nothing against you, its not personal its just business But in fact, at work its never just business its always personal. In this groundbreaking book, journalist and former corporate executive Anne Kreamer shows us how to get rational about our emotions, and provides the necessary new tools to flourish in an emotionally charged workplace. Combining the latest information on the intricacies of the human brain, candid stories from employees, and the surprising results of two national surveys, *Its Always Personal* offers a step-by-step guide for identifying your emotional type: Spouter, Acceptor, Believer, or Solver. Emotion Management Toolkits that outline strategies to cope with specific emotionally challenging situations. Vital facts that will help you understand and handle the six main emotional flashpoints: anger, fear, anxiety, empathy, joy, and crying. An exploration of how men and women deal with emotions differently. A stimulating read bolstered by snippets of some of the best recent work on emotional intelligence and the science of...



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