



# **Making Peace with Your Office Life: End the Battles, Shake the Blues, Get Organized, and Be Happier at Work**

*Cindy Glovinsky*

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Do you feel disconnected and disorganized on the job?

Do you feel powerless in the face of multiple office challenges, from organizing your desk to dealing with office bullies?

Are you sick of it all and ready to be happy at work?

Help is on the way! Cindy Glovinsky, licensed psychotherapist and expert on organizing and mental health, is uniquely qualified to offer solutions to your office blues, including:

- Dozens of anecdotes and insightful exercises
- Simple, effective organizing tips
- Hundreds of easy ways to connect with colleagues
- Great ways to make positive changes in the workplace

Whether you dread coming to work every day or you're just looking for a new way to deal with office issues, **MAKING PEACE WITH YOUR OFFICE LIFE** offers a fresh, liberating view of the office world and practical ways to cope with its day-to-day challenges.

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