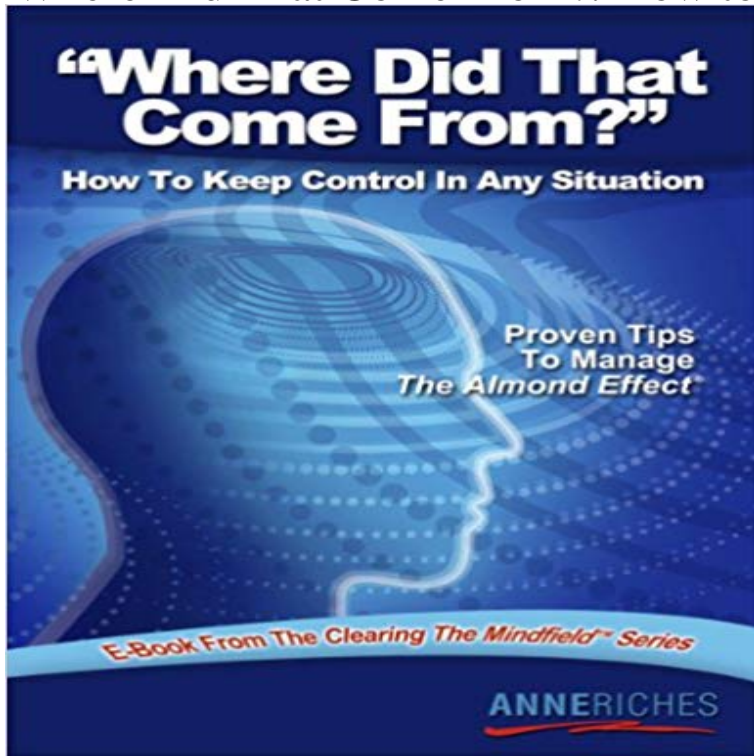


Where Did That Come From?: How to Keep Control In Any Situation



Have you ever lost it? Said or done something you wish you hadn't? Or maybe you didn't say or do something and wish you had! If you understand why this happens, it's easier to manage it. And that's what this short introductory eBook is about: Keeping control of our emotions. It shows us why, in a split second, we can lose control and provides tips and strategies on what we can do about it. This quick and easy read is ideal for busy leaders or change managers who want to develop their emotional and reaction management skills. It also provides insights into why people react negatively to change and withhold their buy-in.

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