



Busting Your Corporate Idol: Self-Help for the Chronically Overworked

Greg Marcus

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Busting Your Corporate Idol: Self-Help for the Chronically Overworked Greg Marcus **Tired of stress at home because you are thinking about work all the time?**

Recovering workaholic and celebrated life coach Dr. Greg Marcus shares the story of how he **cut his hours by a third** in a way that made him **more productive at work**. *Busting Your Corporate Idol* offers a step-by-step approach so you can too.

Busting Your Corporate Idol tells stories from the corporate world the way it really is - where "successful people" secretly suffer from stress-related illnesses, and selfless people become depressed because they don't understand that some people will never reciprocate. You will learn how to avoid these pitfalls, and what to do when you find yourself stuck in those situations.

A successful vice president of marketing was secretly crying every morning before work, and was hiding in the bathroom with migraines. She said "I kick myself for working myself to death, giving up my free time on weekends, [not] pursuing my hobbies, [not] spending time with my spouse."

The director of product development was leading the charge to correct problems with a product discovered post launch. "I took it upon myself to not sleep, to work too much, and I ended up in the hospital."

A laboratory technician followed the directions given to him by the lead scientist, and found himself defending a discrepancy in the product inventory, and was let go in the next round of layoffs. "I thought we were working as a team to find a solution."

These three people share a common problem - they suffer from corporate idolatry, which means that they've made the company the highest priority in their lives.

Would you like to **work fewer hours** to spend **more time with the people you care about**, while at the same time **improve your impact at work**? You can, starting today.

In this book you see the exact method Dr. Greg Marcus used to reduce his hours by a third while becoming more productive at work. He did this in less than a year, without changing jobs and in a toxic environment. You'll see step by step how you can do the same thing.

Understand the Root Cause of Overwork

The book starts by explaining that values and priorities determine our decisions and actions. The key to living a happier and more balanced life is a shift from company to people. As you read, *Busting Your Corporate Idol*, will teach you:

- Who to trust at work
- How to debunk cognitive illusions that lead to stress, anxiety, and longer hours
- Why you risk becoming depressed if you don't understand your corporate culture

Work Less, Achieve More

Many books teach you how to cope with stress, recognize depression, or practice time management. Useful skills, but not a long-term solution. More important is a step-by-step approach to change the habits that lead to the overworked lifestyle. In *Busting Your Corporate Idol* you will learn to:

- Reduce stress, not cope with stress
- Say no to the boss while becoming better appreciated for what you do

- Protect yourself from politics and backstabbing
- Find a community of people who will stick with you no matter what
- Start right away with a small step to bring more balance to your life, AND become more effective at work

Are you ready for a shot of hope that you can reduce stress and anxiety without having to quit your job or undergo a career change? Just scroll up, click add to cart, and go checkout now. You'll then understand why this book has so many Five Star Reviews.

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