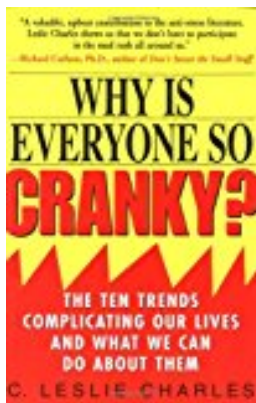


# [PDF] Why Is Everyone So Cranky: The Ten Trends Complicating Our Lives And What We Can Do About Them

C. Leslie Charles - pdf download free book

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**Books Details:**

Title: Why Is Everyone So Cranky: Th  
Author: C. Leslie Charles  
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**Description:**

**From Publishers Weekly** A motivational speaker and workplace consultant, Charles confronts the problem of increasing incivility, which she calls "cultural crankiness." Although she ambitiously

seeks to advise readers on everything from relationships and parenting to the challenge of adapting to technology and new business strategies, her self-help book is best appreciated in small doses. Drawing her lessons from the simplicity movement and other popular trends, such as the defining of one's life "mission," she identifies 10 main sources of stress: time constraints, communication overload, emotional distance, money concerns, competition, customer contact, technology, change, aging and the complexity of life. In a "Cranky Quiz" for each trend, Charles lays outAand sometimes stretches outAits components. For example, the quiz on "communications overload" addresses 10 separate problem areas, several of which involve watching TV (e.g., watching talk shows vs. political talk shows vs. commercials, etc.). In what amounts to information overload, Charles goes on to offer "anti-crankiness alternatives" for each sub-item. Suggestions that might be practical, straightforward or entertaining often get lost in the onslaught. Charles's style is relentlessly energetic and colloquial, though weighed down by gimmicky language. The reader may be able to mine some entertaining and useful ideas from individual chapters, but the effect of the whole can make one, well, cranky. (Oct.)

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**Review** ". . . Leslie Charles shows us that we don't have to participate in the mad rush all around us." -- *Richard Carlson, Ph.D., author of Don't Sweat the Small Stuff*

"This book will help many to live more rewarding lives, accepting their flaws, and turning them into positive attitudes . . ." -- *Harold Bloomfield, M.D., author of Healing Anxiety Naturally*

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