

7

YOU ARE NOT HUNGRY!

This is the most important chapter in this book, so read and study well what I am about to tell you. First, I want to tell you again that you are not hungry. If you have just had breakfast or lunch or dinner or a snack, you are not physically hungry. You may though be “emotionally hungry.” You may still be in a state of dissatisfaction or stress or unhappiness or discomfort that leaves you wanting your after-lunch brownie to trigger a soothing feeling within you.

I have always taught my employees that there are two states that you cannot avoid in the workplace: anxiety and boredom. Anxiety predominates when things are busy and you’re dealing with many clients and patients and you’re trying to get all the work done. Boredom follows when all the work is done and the boss is gone for lunch and there isn’t anything else to do. Even worse is when you have to “look busy” when there is not much going on, but the boss is looming around the office. These states of stress are unavoidable in the workplace. The very nature of work is stressful because you are either solving problems or moving things around, and care and concern guide your every effort.