



Fear and Self-Loathing in the City: A Guide to Keeping Sane in the Square Mile (The Self-Help Series)

Michael Sinclair

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Fear and Self-Loathing in the City is a practical guide to both managing the pressures of the workplace and coping with the struggles we may have in our personal lives. It incorporates simple techniques and quick solutions to many stressful work-related issues that exist in most working cultures. This book is crucial for today's workplace. The current state of the economy, financial disasters and general instability is having a massive affect on employees. Workers have to deal with redundancies and the pressures of finding new jobs; the number of sick days is on the rise; drug use and alcoholism is increasing; and depression and anxiety are becoming more and more common. Although more people are seeking help, there is still a stigma in the workplace about depression, anxiety, and other very real mental illnesses. As a result, many employees suffer in silence for fear their contemporaries will find out they are not coping, see it as a sign of weakness and think badly of them. In this book, Michael Sinclair has taken a lighter approach and used language common to the workplace with which the reader can identify. In short, this book aims to remove this stigma about mental health, and promote a sense of acceptability about seeking help and resolving problems in a healthy way. The book deals with very current topics, including: depression, anxiety, alcoholism, sleep deprivation, and unhealthy lifestyles (e.g. eating habits) amongst many others.

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