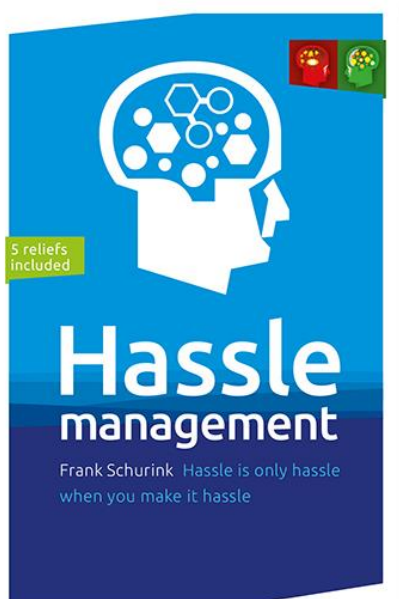


SANTASADŌ

Frank Schurink - Hassle Management

Hassle is only hassle when you make it hassle

PERSONAL DEVELOPMENT | PSYCHOLOGY



You cannot hide from hassle. It's everywhere in any situation. That makes hassle a hassle in itself. And a nuisance, because it can ruin your creativity, job satisfaction, and effectiveness. But it is good to know there is a way to make hassle stop being a nuisance.

Stop resisting it. You won't solve hassle by making more hassle. In this book by Frank Schurink, you will get easy tools and surprising insights how to manage your hassle, in a way that you can laugh about your own hassle. Discover how and why your brain is activated by hassle and how you can 'switch off' your hassle with the on/off button. Read how you switch from your red brain into your green brain, so you can become the best version of yourself.

Published in October 2014 | Paperback | 160 pages | ca. 15,000 words

- Over 7,500 copies sold
- English and Dutch editions published by Haystack
- Full English translation available

ABOUT THE AUTHOR



Frank Schurink is the creator of *Hassle Management* and author of the accompanying book. He gives inspiring lectures and training on this subject at organizations and in public settings.

RECOMMENDATIONS

‘In this pragmatic book, the author offers practical tools in a playful way to better handle our problems. He simply shows how our brain works and how we create hassle by using that same brain.’ – **Managementboek.nl**

‘Clear, humoristic, and confrontational, readable ideas. The layout is a joy to behold. It is interesting for everyone that has to deal with hassle: teenagers, parents, politics, government, and managers and leaders.’ – **Dutch Library Services**

‘A remarkably fun book. The author is able to explain complicated matter in an easy way. He easily leads you into his story with clever metaphors. Recommended.’ – **Managementboek.nl**

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