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## 918 - CARRILLO JERAMIAH

Author of over 13 books including her recent book, Stop Complainers and Energy Drainers: How to Negotiate Work Drama to Get More Done, Linda speaks at conventions, associations and companies throughout the country. For more information on how to Stop Complainers and Energy Drainers or to contact Linda, go to [www.StopComplainers.com](http://www.StopComplainers.com).

### Stop Complainers And Energy Drainers

You can stop those energy leaks by identifying and then avoiding lifestyle and mental energy drainers and carrying out energy-boosting activities instead. Examples of your energy drainers could be excessively watching television, missing out on your daily exercise, or working overtime.

Linda Swindling's new book Stop Complainers and Energy Drainers: How to Negotiate Work Drama to Get More Done is filled with a variety of examples that help us identify what toxic work behavior is, how it affects us, and how we can avoid the drama altogether. Swindling's stories about intentional complicators, whiners, prima donnas, and how ...

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