

# Stress and leadership

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Open event of the Association of European Businesses

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April 9, 2009



# We challenge ourselves



We can work anywhere, anyway,  
anytime



There is no way to happiness;  
happiness is the way





**There are two ways of living in this world,  
The way of worry and the way of relaxation.  
Worrying makes the easiest things difficult.  
Relaxing makes the most difficult things easy.**

**(Gaillard, 1996)**

Stress is waking up  
screaming, realising  
that you haven't fallen  
asleep yet