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Boo! What to do when you're afraid

By Kristy Grant-Hart

Boo! The last day of October brings the Halloween tradition of dressing up in ghoulish costumes meant to scare the neighbors.

But fear isn't relegated to October 31. For many, fear about the job is a constant companion. Company downsizing, recession, a boss who doesn't like you, new management, or the company being acquired can all create huge and unproductive anxiety.

While every person experiences fear, there are systematic ways to manage it to help create clear thinking and better responses.

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