

# COMPLAIN-A-GRAM

Hello.

You are receiving this note and book because you may have a tendency to complain when the going gets tough. Someone cares about you and wants to make sure that you aren't seen that way by others. This perception may or may not be real.

From time to time, all of us use complaining behavior when under stress. To see if complaining may be an issue for you, please take the free assessment, "Are You Seen as a Complainer," at [www.StopComplainers.com](http://www.StopComplainers.com). The results are confidential and provided to you as a resource for your own personal development.

If you find you have traits that no longer serve you, please go to Chapters 6 - 9 to find out what type of complaining you may be doing, ways to eliminate situations that might be causing you to complain and ideas to positively raise issues and get the results you want.

Someone cares enough about you-and your success-to pay for you to have this book and has taken the time to give it to you. That's an investment in your future. *Please read it.*

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Disclaimer: Sending you this book is not an action endorsed by your company, organization, the author or the publisher. In purchasing this book and in taking the free assessment provided, no information about your identity, your company or your performance is collected, unless you want results sent to you by email. This Complain-a-Gram is one person's opinion and may or may not be accurate.

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**[www.StopComplainers.com](http://www.StopComplainers.com)**

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