

Title:

Corporate Bureaucracy: Dealing With And Surviving Catch-22 At Work

Word Count:

692

Summary:

Every so often, people working in a big company feel that the internal corporate bureaucracy is

Keywords:

stress and anxiety, stress relief, nausea, fatigue

Article Body:

Corporate life can take a serious toll on the mind, particularly if you happen to be the one who

Of course, a company employee may not necessarily be fighting a "war" against the company's enemies.

The fact is, there are always a few disgruntled, disenfranchised, and disillusioned employees

Dealing with a Catch-22 bureaucracy can be taxing on your mental health, whether you're fighting

Naturally, from a realistic point of view, the above situation is hardly feasible, but if work

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