15 Exercises
We’d Be Better Off Without
in 2010

- Jumping on the bandwagon
- Climbing the walls
- Wading through paperwork
- Beating your own drum
- Running around in circles
- Dragging your heels
- Pushing your luck
- Jumping to conclusions
- Spinning your wheels
- Grasping at straws
- Adding fuel to the fire
- Fishing for compliments
- Beating your head against the wall
- Throwing your weight around
- Passing the buck