

[E-BOOK] Am I The Only Sane One Working Here?: 101 Solutions for Surviving Office Insanity (Business Skills and Development)

Am I The Only Sane One Working Here?: 101 Solutions for Surviving Office Insanity (Business Skills and Development)

Albert J. Bernstein

*Download PDF | ePub | DOC | audiobook | ebooks


"Concrete and insightful. . . These 101 solutions are 100% useful."
—Katherine Crowley and Kathi Elster, bestselling authors of *Working with You Is Killing Me*


**101 SOLUTIONS FOR
SURVIVING OFFICE INSANITY**

*Am I the only
SANE ONE
working here?*



ALBERT J. BERNSTEIN, Ph.D.
Bestselling author of DINOSAUR BRAINS and EMOTIONAL VAMPIRES

 Download

 Read Online

#492634 in eBooks 2009-07-01 2009-08-23 File Name: B002FOT53C | File size: 76.Mb

Albert J. Bernstein : Am I The Only Sane One Working Here?: 101 Solutions for Surviving Office Insanity (Business Skills and Development) before purchasing it in order to gage whether or not it would be worth my time,

and all praised *Am I The Only Sane One Working Here?: 101 Solutions for Surviving Office Insanity* (Business Skills and Development):

10 of 10 people found the following review helpful. Practical solutions
By euro;ieycl;neuro;We all want to be right. The other books try to help you convince other people that you are. Just say this and your problem is solved. Unfortunately, your coworkers didn't read that book so they don't react the way the book said they would. You cannot change other people. It's rare that you can change situations that other people have control over. This book pounds home the fact that you can only change your reaction to the situations and people you encounter. It's not enough to just know that fact. Knowing it's true and making it work are 2 different things. Solutions are explained in such a way that you can use them. You aren't dependent on how the other people acting or reacting. It's up to you and what you are willing to let go... really let go. You behave based on what will help you achieve your own goals not on your emotions. And sometimes you just have to suck it up. This situation can't be changed because you are not in charge. Deal with it or leave.
2 of 2 people found the following review helpful. *Laugh Out Loud While You Learn How to Thrive in Corporate Dysfunction*
By William T. Hennessy
If you work for a corporation, you have to read this book. First, it's laugh-out-loud funny. Plus, it's a blast recognizing all the dysfunctions of your office. (I got the feeling Bernstein followed me around for a week before writing it.) Finally, Dr. Bernstein goes where Dilbert can't: to solutions. This book would make a FABULOUS gift for graduates entering the work force. They'll love you for it.
5 of 5 people found the following review helpful. Bernstein does it better!!!!
By J. Hall
Dr. Bernstein is Practical yet profound. He has an answer for almost everthing. The book like all his others offers skill after skill on how to deal with difficult people and difficult situations. The problem with most books like this is the solutions they offer are almost impossible to apply . The exact opposite is true with this book. Once you begin doing these techniques there impossible to stop!!!! They are habit forming and will stay with you the rest of your life. Dr. Bernstein is no armchair philosopher and its clear that he has a firm grasp on what he is talking about. Its a rare find, somone who can teach, and knows what the heck they are talking about. That is what we have here. Dr. Bernstein offers us not just a book but a new lifestyle at work. Like Elvis Presley, Neil Diamond Tiger Woods or anyone else who is great at what they do this man has truly found his calling and it shows. - C.Hall

". . . the most comprehensive guide I have ever read for solving any conceivable trying scenario!"--Julie Jansen, bestselling author of *You Want Me to Work with Who?* and *I Don't Know What I Want, but I Know It's Not This* You can't stop office madness, but you can stop the madness from getting to you. Gossipy coworkers, unmanageable managers, and cranky clients have got you pulling your hair out and gnawing your nails down to nubs. From teammates who drop the ball on deadlines to corporate bullies who try to run your show, your work environment can be lethal to your health and your career. *Change Your Reaction, Not Their Actions* When things get crazy, you may not be able to control how others behave, but you can change how you respond. Al Bernstein shows you how understand the situation, how to keep the craziness from bothering you, how to keep things from getting worse, and how you can make them better. Problems/solutions discussed inside: Coworkers who don't like you? Feed them! Hidden agendas? Unleash the power of "cc:rdquo; mail! Unpleasant supervisors? Tell them only what they want to hear! Office gossip? Dish out positive gossip about other people! Lying coworkers? Buy into their lies and watch what happens! And ninety-five more!