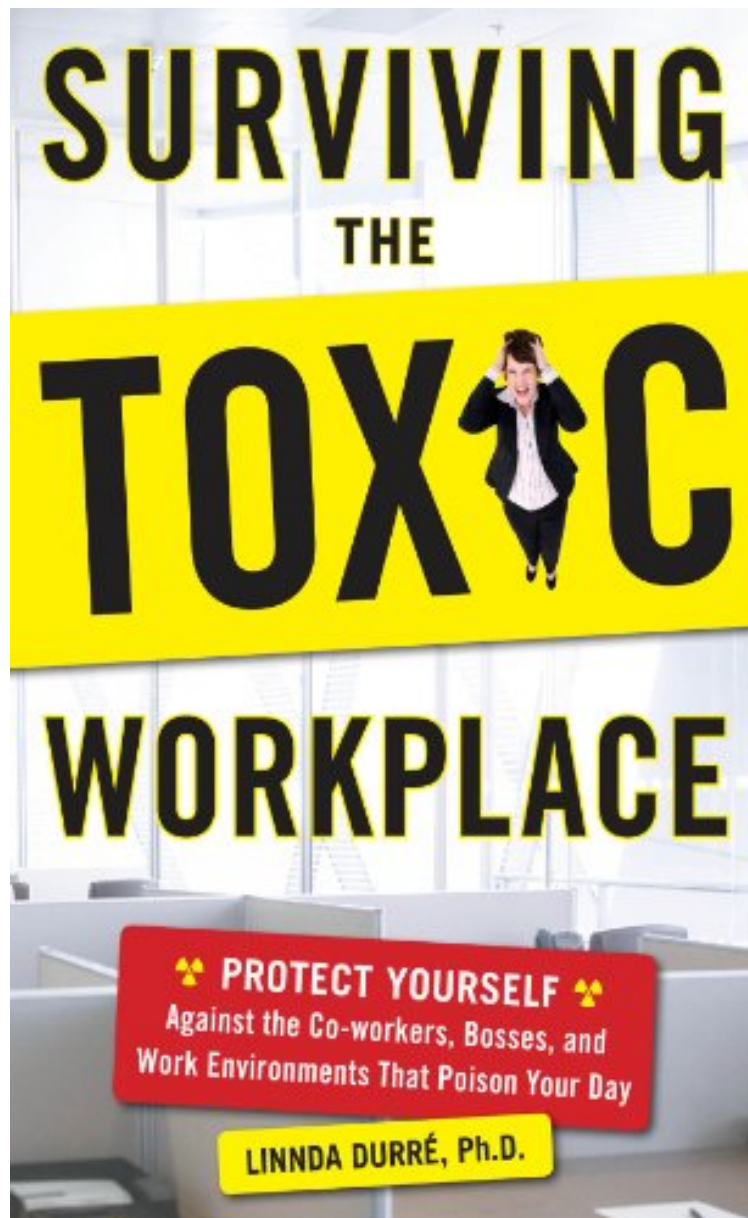


(Mobile library) Surviving the Toxic Workplace: Protect Yourself Against Coworkers, Bosses, and Work Environments That Poison Your Day

Surviving the Toxic Workplace: Protect Yourself Against Coworkers, Bosses, and Work Environments That Poison Your Day

Linnda Durre

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Linnda Durre : Surviving the Toxic Workplace: Protect Yourself Against Coworkers, Bosses, and Work Environments That Poison Your Day before purchasing it in order to gage whether or not it would be worth my time, and all praised Surviving the Toxic Workplace: Protect Yourself Against Coworkers, Bosses, and Work

Environments That Poison Your Day:

9 of 9 people found the following review helpful. Sounds good on paper, but..By John M
This book sounds like it would make a great book for someone responsible for the behavior of office employees. However, as a book for "all of us" this title falls flat on its face. Reading through the book, it is very clear that the suggested conversations with trouble employees come from a position of authority. If you or I were to try this with someone on an equal footing, the other person would be left saying "who the Heck does he/she think they are?" If used in the way the author instructs, the person would likely alienate themselves quickly. A better book for THIS topic of peer to peer or peer and peer to superior interactions would be Dirty Tricks at Work. However, that book is more into the politicking aspect and less of the everyday small stuff that we might commonly identify as counter-productive to the office environment. Still, I can completely see this book as being useful to people in a superior position of leadership who get to "lay down the law". For them, this book will likely be very useful. For the rest of us, however, we will have to keep on looking.

1 of 2 people found the following review helpful. Is This Your Boss?By Trish
Practical advice for office gorilla warfare.

6 of 11 people found the following review helpful. Dealing with Worst Case Business ScenariosBy Larry Underwood
Let's face it. Most people really don't like their jobs, primarily because of the people they have to put up with - from the bosses from hell to the irritating fellow employees who seem to go out of their way to make life miserable for anyone they come in contact with. Welcome to corporate America; it's no wonder things are such a mess out there. Fortunately, there are ways to deal with the toxic workplace that can greatly enhance anyone's survival skills, and Linnda Durre has compiled this wonderful handbook to help guide us in the right direction. The key to success is simply using good communication skills, compiling detailed documentation of any significant events, as well as maintaining a positive and assertive attitude to accomplish your goals. The meek may inherit the earth, but in the business world, they also inherit the short end of the stick; careers are endangered, stress is high, motivation is low, and productivity is diminished. Unfortunately, this is an all too frequent scenario, but it doesn't have to be that way. Whether you're an entry level employee, a middle manager, or the CEO, you'll greatly benefit from reading and heeding the author's advice; it could well be the most significant book you'll encounter this year, especially if you're trying to prolong your career or improve your company's bottom line. That's a pretty crowded playing field, and the stakes are certainly high; this is no time to hesitate. You can thank the author later.

Proven techniques for dealing with workplace issues successfully Do you dread going to work? Dealing with pestering coworkers, unmanageable managers, angry clients can take its toll on your job performance. And in these difficult economic times, no one can afford to lose their jobs. In *Surviving the Toxic Workplace*, syndicated author and psychotherapist Linnda Durre teaches you how to pinpoint and treat these office maladies with effective communication and conflict negotiation techniques that are sure to bring you peace of mind and peace at work. *Surviving the Toxic Workplace* shows you: Why these office conflicts erupt How to identify and treat the 12 most common types of toxic co-workers, situations, and environments The seven components of effective communication techniques you can use in various situations How to deal with different conflict styles Don't let office conflicts drain you of energy or interfere with your job performance. Treat the malady before it gets out of hand with *Surviving the Toxic Workplace*.

About the Author Linnda Durre, Ph.D., is a psychotherapist, business consultant, national speaker; magazine, Internet, and newspaper columnist; and television and radio talk show host, consults and speaks to businesses, companies, and corporations. She hosted and co-produced two live call-in TV shows: "Ask The Family Therapist," on America's Health Network, a national cable TV station associated with the Mayo Clinic which aired from Universal Studios, Orlando; and "Personal Success Hotline with Dr. Durre," on a PBS affiliate, and three radio shows. She has spoken to hundreds of groups and given interviews on Oprah, 60 Minutes, The Today Show, The O'Reilly Factor, Canada AM, Daytime, Fox, CBS, NBC, ABC, and Good Morning America, among others, and she has been interviewed, quoted, and/or cited in Forbes, Wall Street Journal, Investors Business Daily, Inc. Magazine, Business Week, Law Office Administrator, New York Times, LA Times, Christian Science Monitor, USA Today, Orlando Magazine, Toronto Globe Mail, Pasadena Star News, Argus Leader, San Diego Union and Tribune, Atlanta Journal Constitution, Orlando Business Journal, Orlando Sentinel, Seattle Daily Journal of Commerce, San Francisco Chronicle and Examiner, Pacific Sun, San Antonio Light, Florida Magazine, and Parade. She has written for Forbes Online, AOL, Monster, Yahoo, Orlando Business Journal, American Cities Business Journals, Brentwood News, and in her column at eBossWatch on coping with difficult bosses.