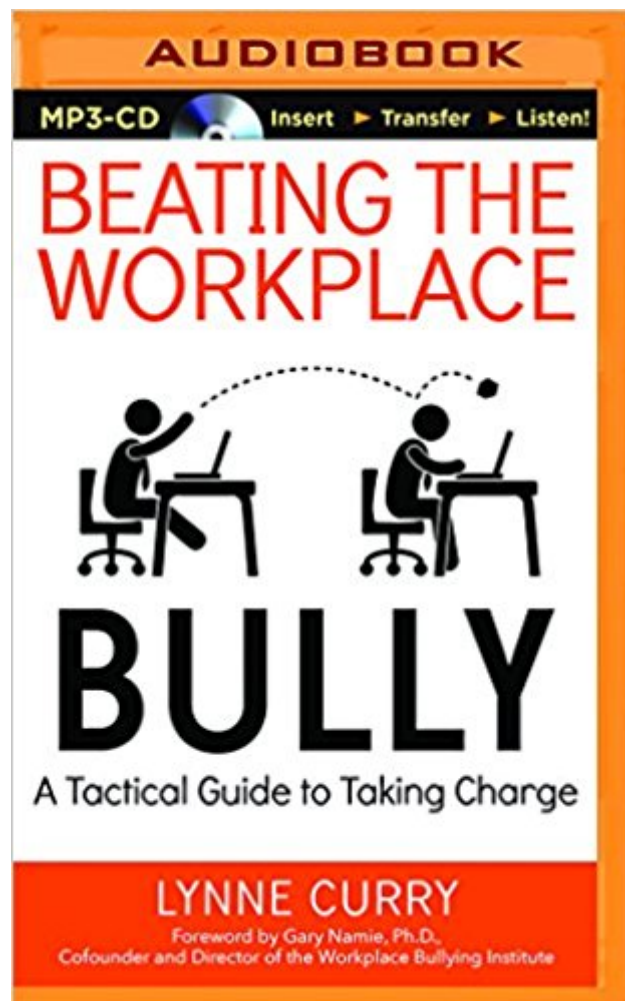




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# Beating The Workplace Bully: A Tactical Guide To Taking Charge



## Synopsis

Bullies aren't limited to the playground. These days, they roam our offices and can be found everywhere from break rooms to boardrooms. They don't steal your lunch money, but they can make your work life a living hell—and even ruin your career. Whether the bully is a boss or a coworker—whether you're the target of manipulation, intimidation, verbal abuse, or deliberate humiliation, *Beating the Workplace Bully* will show you how to fight back. Filled with exercises, assessments, and real-life examples, this empowering guide helps you recognize what's been making you a victim—and reveals how to:

- Avoid typical bully traps
- Remain aware and in charge
- Move past your fear
- Calm yourself in any confrontation
- Keep your dignity intact
- Build confidence
- Handle sneak attacks
- Strengthen your resolve
- Understand the steps that your employer or supervisors can take to address the issue
- Combat cyber-bullying
- And more

With this practical, personal coaching program in your corner, you can reclaim your power—and defeat the office bully once and for all.

## Book Information

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## Customer Reviews

— provides much-needed information about workplace bullying and supports a comprehensive, company-wide approach to keep bullying out of the workplace. —Cynthia Parkhill blog

Curry does an excellent job of presenting viable tools designed to benefit all those caught in the web of bullying. —Anchorage Press

— will not only help you create a script to defuse bullying remarks, it will also help you devise a strategy to handle that first moment of confrontation —Law Office Manager

— combines readable, anecdotal accounts of

real-life situations with social psychology research about the behavior of both victims and bulliesâ |â • --Alaska Journal of Commerce      â œThis is the perfect manual for anyone who has ever been the target of bullying.â • --Women Working      â œStrategies and inspiration for mustering up the courage to stand up to the workplace bully and make the situation more bearable.â • --Leading Business Books      "We opened *Beating the Workplace Bully* with great hopes and we weren't disappointed, as the book goes into a great deal of detail of the many different types of office bulliesâ |and tactics for outmaneuvering them." --Accounting Today      â œBullying in the workplace is a real problem and this book offers real solutions to solving those problemsâ |a great book for all workplaces.â • --PCB007      --This text refers to an alternate Audio CD edition.

Bullies arenâ™t limited to the playground. These days, they roam our offices and can be found everywhere from break rooms to boardrooms. They donâ™t steal your lunch money, but they can make your work life a living hellâ™and even ruin your career.      Whether the bully is a boss or a coworkerâ™whether youâ™re the target of manipulation, intimidation, verbal abuse, or deliberate humiliation, *Beating the Workplace Bully* will show you how to fight back. Filled with exercises, assessments, and real-life examples, this empowering guide helps you recognize whatâ™s been making you a victim...and reveals how to:

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IÃ¢Â™ve never run into an office bully I couldnÃ¢Â™t handle, but being the boss for the last 20 years certainly helped. However, I wish Lynne CurryÃ¢Â™s book, *Ã¢ÂœBeating the Workplace Bully: A Tactical Guide to Taking Charge,Ã¢Â•* had been around 50 years ago for my mother; for the afternoons she came home crying, sobbing her eyes out. It might have saved her years of misery. When my mother landed her dream job in a government agency, working for a woman, she liked and respected, she was thrilled. Within a week, however, she was a miserable mess at the end of every work day. I can still hear her sobs, carefully hidden from the family, of course, but not from a precocious pre-teen who was skilled at listening through vents. My sassy, beautiful, self-confident

mother who did everything perfectly and whom everyone admired was beaten down by the office bully, a woman as ugly on the outside as she was on the inside. It was frightening. Mom was a rock. But this woman reduced her to tears on a daily basis for something like seven years, hiding her true self from their boss, a woman much like I became "an adult who lived in her head and missed a great deal of what went on around her, expecting the best of everyone she knew. Professionals such as my mom were reluctant to go "tattling" to the boss, my dad explained, as he comforted his wife and tried to counsel her on how to handle the situation. But he didn't have the skill set and experience of Dr. Curry, whose wisdom would have given my mother the tools to fight back. If Dr. Curry's book had existed back then, I would have given it to my mom. I hope others will do the same "for themselves and people they love. This one ugly bully brought years of pain to a strong and valiant woman who had just lost her brother and mother to painful deaths, and who was raising three children and running a flawless household. I'm sure Ms. Ugly was tormented in her own way and would have benefited from Dr. Curry's wise words. But to a kid, she was the monster who made my mother cry.

Great book that's not only useful in the workplace, but also very useful in everyday life and people who we associate with or who confront us. With training, will be able to identify what type of bully you're dealing with as well as the best and most effective way to respond to them.

Great book terrible stories Wow where did these people come from. I have to say these are some of the worse workplace stories I have ever read or even heard about. There's the woman whom cons her co-worker into buying her coffee on the first day and then made it a daily event. Or the boss who was always threatening to fire his staff and telling them that "There's blood in the water." Or the supervisor who sat her new employee down on the first day to let her know that it was not her choice to hire her because she had only worked in a small firm and "did not have the sophistication, this corporate position needs. You don't even dress properly." Or my personal favorite the very first story in the book about a nurse Molly who is ten months from retirement when she gets a new supervisor who does everything she can to undermine her. She told her that the system she had set up was "antiquated" and then told Molly that she would make it better without her help. At the first staff meeting the new supervisor told everyone that Molly's system was "pitiful" and then next started a stream of negative emails to Molly denigrated all of the work she had been doing for the past twenty years. This woman just about ruined her self-esteem and self-confidence. I could go

one with these true life stories about people who I consider nothing less than social monsters and yes mean beyond belief. But the whole point of the book as the title indicates it to learn how to handle these kinds of people., How to counteract them and as a last resource know when it is time to give up and get the heck out of Dodge. My favorite chapter was Five which talked about the basic steps to handling some of these situations. From the book: Step 1. Control your initial reactions: Take time to truly evaluate the situation. Step 2. Control your response: Ask yourself: "What is going on?" "Is this the way I want to be treated?" "Is this situation or bully worth taking on?" "If so how?" Step 3. Assess the situation Step 4. Determine why you are the target? Step 5. Analyze the pros and cons of taking on the bully. Step 6. Take back the power: (this is the key step in my estimation) How you handle your self is in your hands. And if you feel that this is a job you want to keep then go up against the bully. This is your job and it is within your power to keep it. Step 7. Decide on your game plan. The rest of the book will show you how to do this. How to implement and execute your plan and handle the bully and the situation. I was not sure I was going to take the time to read this book and I approached it tentatively. But once I got into it I understand and came to appreciate its value. This is one of the few books that talks about business from the human aspect. Yes there are bullies out there and yes they can really mess up your chances of having a successful job experience. Bullying in the workplace is a real problem and this book offers real solutions to solving those problems. A must read for the real work we live in. And one last thought, this is a great book for all workplaces and organizations from businesses, to non-profits and yes even including religious institutions everywhere and so this book is valuable whenever you are in a spot where you have to deal with shall we say less than gracious co-workers.

This is a fascinating take on the phenomenon of workplace bullying, as well as on how to deal with it if you're the target. I'm out of the workplace now, so I read it more from curiosity than from any need to use it for self-defense. But what the author has to say made so much sense, I ended up wishing it had been around when I did have a day job. I'm not sure I was ever bullied at work, but I did have bosses and co-workers so aggressive, defensive, insecure, and/or just plain nuts that I found myself working around them rather than bother with the effort of trying to work with them. The techniques in this book, it strikes me, would be useful in handling almost any of the extreme personalities one encounters in life, in or out of the workplace. Curry's approach--a mixture of anecdote, psychology for the layperson, and self-help tips--makes the subject not only interesting and digestible, but even kind of fun. For example, she nicknames the different types of bullies: the Narcissist, the Rhino, the Shape-Shifting Mr. Hyde, the Scorched-Earth

Fighter, and so on. Definitely worth a read if you're being bullied, know someone who is, know someone who does it, or just want a better understanding of the dark side of some of the dynamics of the modern workplace.

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