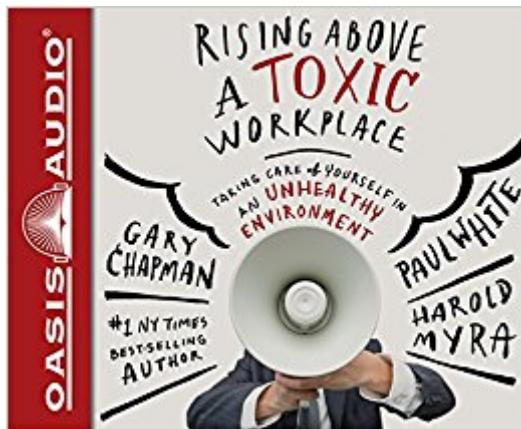


The book was found

# Rising Above A Toxic Workplace: Taking Care Of Yourself In An Unhealthy Environment



## Synopsis

You can rise above. You do have options. Do you work in a toxic environment or have a toxic boss? You're not alone! Today, unattainable expectations, emotional harassment, and demands to do more with less often leave employees overworked, underpaid, insecure, and out of options. Must you continue to put up with poisonous people in a morale-crushing environment? In *Rising Above a Toxic Workplace*, you'll learn how to endure, cope, or quit if necessary. Drawing from authentic "sometimes horrific" real-life stories, authors Gary Chapman, Paul White, and Harold Myra blend their expertise to give you practical guidance, empowering insight, and realistic hope. You'll discover: how workplaces can become unhealthy and how to avoid getting wounded; what drives toxic leaders and why they are so damaging to those around them; essential tips for maintaining your sanity while dealing with dysfunctional colleagues; and counsel on how to decide when to leave for your own mental, emotional, and physical well-being.

## Book Information

Audio CD

Publisher: Oasis Audio; Unabridged edition (January 14, 2015)

Language: English

ISBN-10: 1613756674

ISBN-13: 978-1613756676

Product Dimensions: 6.4 x 0.7 x 5.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 2.0 out of 5 stars (See all reviews) (1 customer review)

Best Sellers Rank: #1,569,971 in Books (See Top 100 in Books) #160 in Books > Books on CD > Business > Personal Finance #485 in Books > Books on CD > Business > Management #1121 in Books > Books on CD > Business > General

## Customer Reviews

Nothing but a monolog or monotone. boring. did not help me.

[Download to continue reading...](#)

*Rising Above a Toxic Workplace: Taking Care of Yourself in an Unhealthy Environment* *Toxic Workplace!: Managing Toxic Personalities and Their Systems of Power* *Turn the Tide: Rise Above Toxic, Difficult Situations in the Workplace* *Working with Bitches: Identify the Eight Types of Office Mean Girls* and *Rise Above Workplace Nastiness* *Smart Policies for Workplace Technologies:*

Email, Blogs, Cell Phones & More (Smart Policies for Workplace Technology) Visual Workplace/Visual Thinking: Creating Enterprise Excellence through the Technologies of the Visual Workplace Cats: Cat Care- Kitten Care- How To Take Care Of And Train Your Cat Or Kitten (Cat Care, Kitten Care, Cat Training, Cats and Kittens) Dogs: Dog Care- Puppy Care- How To Take Care Of And Train Your Dog Or Puppy (Dog Care, Puppy Care, Dog Training, Puppy Training) Love Is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships Dealing with the CrazyMakers in Your Life: Setting Boundaries on Unhealthy Relationships Rising Above: How 11 Athletes Overcame Challenges in Their Youth to Become Stars Babylon Rising: The Edge of Darkness (Babylon Rising (Paperback)) Taking Care of Yourself (Strategies for Eating Well, Staying Fit, and Living in Balance) The Everything Kids' Environment Book: Learn how you can help the environment-by getting involved at school, at home, or at play Wiley CPAexcel Exam Review 2015 Study Guide (January): Business Environment and Concepts (Wiley Cpa Exam Review Business Environment & Concepts) Wiley CPAexcel Exam Review Spring 2014 Study Guide: Business Environment and Concepts (Wiley Cpa Exam Review Business Environment & Concepts) Wiley CPAexcel Exam Review 2016 Study Guide January: Business Environment and Concepts (Wiley Cpa Exam Review Business Environment & Concepts) [ ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH ] By Ballweg, Mary Lou ( Author) 2003 [ Paperback ] Bates' Nursing Guide to Physical Examination and History Taking (Guide to Physical Exam & History Taking (Bates)) Paul Yancey: Taking the High Road (Taking The High Road Series Book 8)

[Dmca](#)