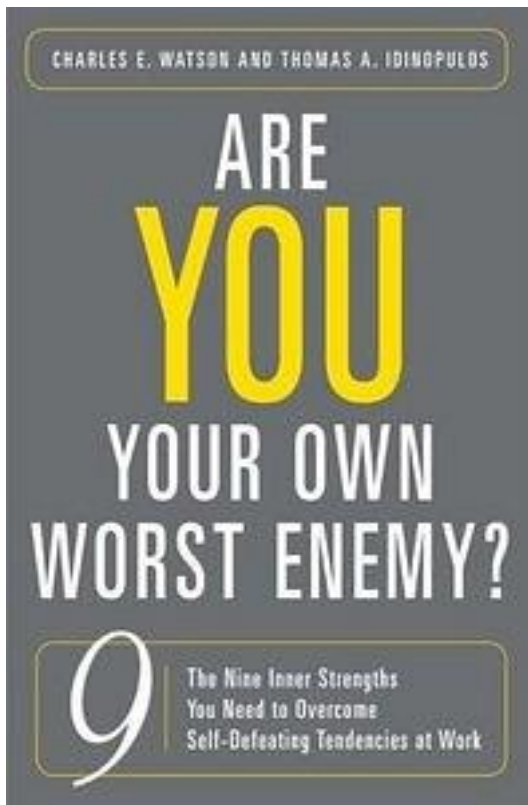


# Are You Your Own Worst Enemy?



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Experts from the fields of management and religion team up to provide a fresh, penetrating look at the obstacles that prevent people from achieving their full potential at work. As the authors demonstrate, inner demons like a lack of integrity, mindless conformity, passivity, mediocrity, or greed conspire to keep people from doing their best. But people can avoid becoming their own worst enemies by using their uniquely human capacities to their fullest: to be more responsible, more insightful, more creative, more self-disciplined, more honest, and more concerned

about others. Using these strengths, the authors show, makes it easier to resolve ethical dilemmas, attain peak performance without burning out, maintain a positive outlook, and, ultimately, succeed in achieving treasured personal and professional goals. The world of work is, today, filled with treacherous shoals that constantly test the integrity, fortitude, and tolerance of employees. Faced with competing agendas, high expectations, bureaucracy, and scarce resources, many people fall prey to the demons that sap their energy or, worse, encourage them to act against their own interests by being dishonest or cutting corners. This book shows readers how to take responsibility for their actions and their happiness. It discusses the on-going pressures that we all find in the workplace and how ordinary people can manage them constructively to remain effective and true to their ideals. The result for readers is a blueprint for success, reduced stress, a better work/life balance, and fulfilment.

作者介绍:

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