

Stop Sabotaging Your Career

LOIS P. FRANKEL, PhD

Author of the *New York Times* Bestseller
Nice Girls Don't Get the Corner Office

STOP Sabotaging Your Career

**8 Proven Strategies to
SUCCEED —
in Spite of Yourself**

"A must-read." —Anne Fisher, "Ask Annie" columnist, *Fortune* magazine
Previously published as *Jump-Start Your Career and Overcoming Your Strengths*

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著者:Frankel, Lois P.

出版者:Grand Central Pub

出版时间:2007-4

装帧:Pap

isbn:9780446697859

From entry-level employees to senior executives, no one is exempt from career derailment. According to internationally recognized business coach Dr. Lois Frankel, the most common sources of unexpected changes in career momentum are not your shortcomings but your strengths--an overdependence on the exceptional abilities that contributed to past success. It is the employee who exhibits the widest array of technical and interpersonal capabilities who will rise to the top. Now, in a guide for business people across all fields and professional levels, Dr. Frankel has identified the eight most effective strategies for overcoming career obstacles and becoming an invaluable member of any work environment. With self-tests and dozens of real world examples, **STOP SABOTAGING YOUR CAREER** helps readers identify their dominant professional behaviors and offers proven strategies to maximize their career potential--in spite of themselves.

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