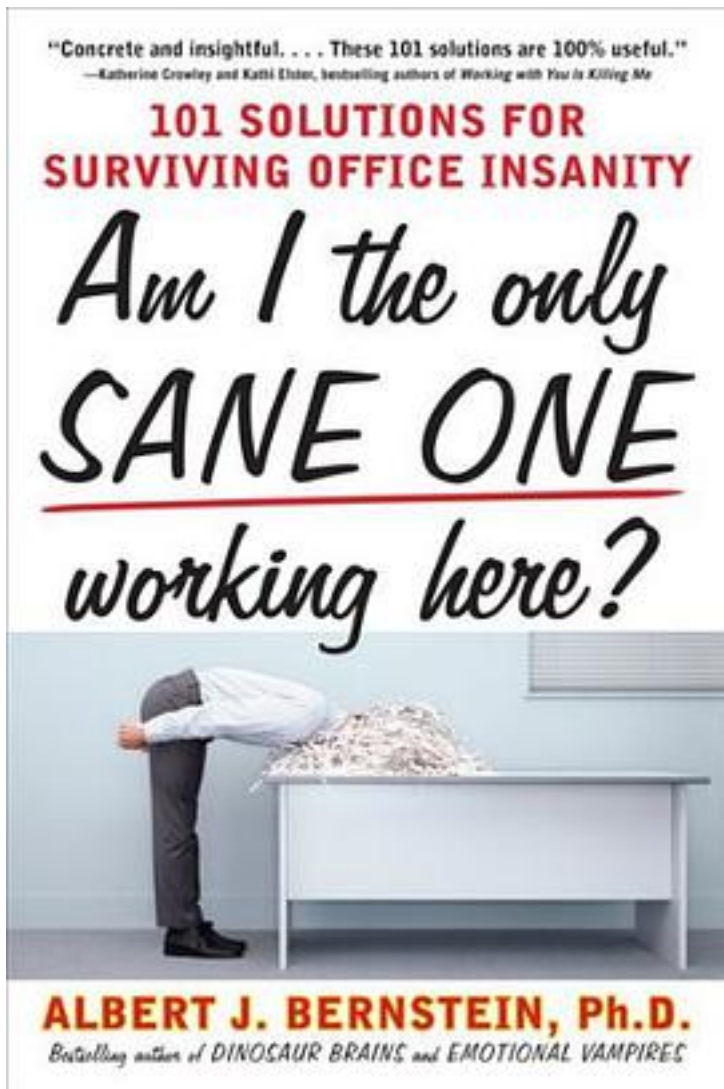


Am I The Only Sane One Working Here?



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"... the most comprehensive guide I have ever read for solving any conceivable trying scenario!"

--Julie Jansen, bestselling author of *You Want Me to Work with Who?* and *I Don't Know What I Want, but I Know It's Not This* You can't stop office madness, but you can stop the madness from getting to you. Gossipy coworkers, unmanageable managers, and cranky clients have got you pulling your hair out and gnawing your nails down to nubs. From teammates who drop the ball on deadlines to corporate bullies who try to run your show, your work environment can be lethal to your health and your career. *Change Your Reaction, Not Their Actions*

When things get crazy, you may not be able to control how others behave, but you can change how you respond. Al Bernstein shows you how understand the situation, how to keep the craziness from bothering you, how to keep things from getting worse, and how you can make them better. Problems/solutions discussed inside: Coworkers who don't like you? Feed them! Hidden agendas? Unleash the power of "cc:" mail! Unpleasant supervisors? Tell them only what they want to hear! Office gossip? Dish out positive gossip about other people! Lying coworkers? Buy into their lies and watch what happens! And ninety-five more!

作者介绍:

伯恩斯坦(Bernstein A.J.), 博士。作为一名临床心理学家、演说家、专栏作家和商业顾问, 伯恩斯坦博士以向人们传授如何不失体面地运用智慧和幽默来面对各种困境和危险而闻名。伯恩斯坦曾参加过《早安美国》和Sonya live的电视节目, 为《男人的健康》等杂志写作。他已出版了多部著作, 并被翻译成20多中语言在全球发行。

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评论

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书评

你是不是总在下班后最后一个离开公司，每天要花很多时间做那些和工作无关的杂事，是不是有没办法一起好好工作的同事，大腿一拍张嘴就来的老板以及暴躁蛮横的客户…
…有时你会不会感觉公司里只有自己在好好工作？
倘若你长期处于这样的工作状态，困惑和沮丧会逐渐包围你， ...

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