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5 Reasons to Tell Your Boss to Go F**k Themselves: How Positive Psychology Can Help You Get What You Want (Paperback)

By Michelle McQuaid

Michelle McQuaid, Australia, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Three out of every four people report that their boss is the most stressful part of their job. In fact, most of us rate spending time with the boss as worse than doing chores, or even cleaning the house! It's no wonder, when 60 per cent of workplace abuse and rudeness has been found to be top-down, with bosses subjecting us to nasty words and inconsiderate deeds which leave us feeling disrespected, emotionally damaged and de-energised. As employees, we clearly need to find a way to fight back and minimise the impact of bad bosses on our wellbeing. Author Michelle McQuaid, a world leader in positive psychology interventions in the workplace, teaches you the secrets to overcoming a bad boss and getting what you want. Using stories and case studies from people in all types of industries, facing all types of bosses, who are causing all types of misery, Michelle provides practical, scientifically proven tips to restore your power to, discover what your boss is costing you when it comes to your performance at work, your relationships, your health and your...



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