

BUSINESS/CAREERS

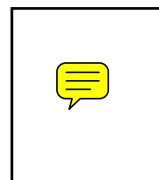
Do you dread going to work every day and dealing with people who drive you crazy? Are you surrounded by vicious backstabbers, sneaky idea stealers, lazy whiners, nitpicky control freaks, and negative pessimists? ~~Have you asked HR for help, yet nothing changes?~~ Welcome to the Toxic Workplace—a not-so-rare condition that has reached epidemic proportions. In this ingenious step-by-step guide, renowned psychotherapist Linnda Durré shows you how to diagnose and treat these problems—quickly and effectively—to ensure the health of your company, your career, and your sanity.

**TIRED OF TOXIC CO-WORKERS?
MEET THE CURE.**

Learn how to:

- Deal with difficult bosses
- Defang poisonous co-workers
- Defuse explosive situations
- Handle and heal confrontations
- Encourage positive, healthy change

This all-in-one “first-aid manual” offers the best office-tested treatments for a wide range of “Staff Infections”™ and toxic co-workers. More important, it provides real solutions to real problems, with sample scenarios, actual lines and simple strategies for every situation.



LINNDA DURRÉ, Ph.D., is a psychotherapist, business consultant, columnist, ~~writer, author,~~ corporate trainer, and international speaker. She has appeared on Oprah, 60 Minutes, The Today Show, The O'Reilly Factor, and Good Morning America and has written for Forbes, Orlando Business Journal, and American City Business Journals.

Learn more. Do more.
MHPROFESSIONAL.COM

Cover design by Tom Lau
Background photo by Caroline von Tuempling
Photo of woman by Banana Stock

\$18.95 USD

ISBN 978-0-07-166467-7
MHID 0-07-166467-X
5 1 8 9 5 >

9 780071 166467

SURVIVING THE TOXIC WORKPLACE

DURRÉ, PH.D.



**SURVIVING
THE**

TOXIC



WORKPLACE

PROTECT YOURSELF
Against the Coworkers, Bosses and
Work Environments that Poison Your Day

LINNDA DURRÉ, PH.D.

1ST PASS—DUE 12/8/09

ART DIRECTOR	TOM LAU	
SPONSORING EDITOR*	REVISED 9:55 am, Nov 24, 2009	11/24
PUBLISHER	JUDITH MCCARTHY	11/24
EDITORIAL DIRECTOR	GARY KREBS	skip
PRODUCTION SUPERVISOR	MARISA L'HEUREUX	11/24
COPY WRITER	L.AUSTEN	11/25
MARKETING MANAGER*	Kenya Henderson	11/25
EDITORIAL SUPERVISOR*	C. BOLT	11/25
PROOF-READER	GIGI GRADJURA	skip