



Workplace Warfare: Break through Bureaucracy and Love Your Job Again

PhD Ann D. Clark

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Wake up. Go to work. Prepare for war. A tyrannical and irrational boss, job insecurity, unreasonable demands, stress from juggling home and family-these are just a few of the all-too-common grievances in the workplace today. Employees often live with resentment, frustration, and feelings of impending doom. They may not know what will happen next and lack a sense of control in their work lives. No wonder a workplace characterized by unanswered complaints is reminiscent of a combat zone. Workplace Warfare discusses the high costs of stress and anger in the workplace. Written in a conversational style from the employee perspective, this practical guide goes beyond merely showing you how to make the best of a bad situation: its focus is on empowering you to understand the different kinds of situations you might face and to take control of your own responses to frustrating situations, especially when dealing with bosses. Learn how to redesign your job to get what you want from work every day. Based on actual case histories, providing professional psychological and employment advice, Workplace Warfare offers readers higher levels of comfort and productivity on the job.

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