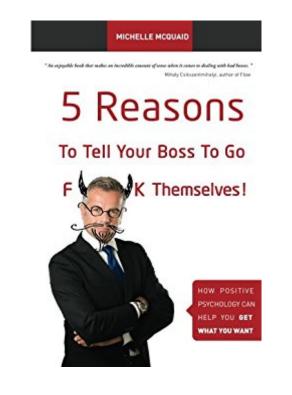
The book was found

# 5 Reasons To Tell Your Boss To Go F\*\*k Themselves!: How Positive Psychology Can Help You Get What You Want





# Synopsis

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! Itâ ™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-energized. Amazingly â " more people would prefer a new boss over a pay rise when it comes to improving their satisfaction at work. As employees, we clearly need to find a way to fight back and minimize the impact of bad bosses on our careers and wellbeing. Best-selling 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 bad bosses, Michelle provides practical, scientifically proven tips to restore your power to: 1. Discover what your boss is costing you when it comes to your performance at work, your relationships, your health and your sanity! 2. Build courage and confidence so you can disarm even the most difficult boss. 3. Hatch a clever plan to finally get what you want. Having worked as a senior leader for some of the worldâ ™s largest organizations in London, New York and Australia and completed her Masters in Applied Positive Psychology at the University of Pennsylvania, Michelle is passionate about bringing out the best in people. She prides herself on helping people to make their work more rewarding and her blend of real-world success, actionable advice and enthusiasm for life make her a favorite of audiences around the world. Find out more at www.michellemcguaid.com

## **Book Information**

File Size: 1889 KB Print Length: 168 pages Publication Date: September 26, 2012 Sold by:Â Digital Services LLC Language: English ASIN: B009I4U3ZG Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #1,360,785 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #73 in Books > Business & Money > Business Culture > Health & Stress #456 in Kindle Store > Kindle eBooks > Business & Money > Organizational Behavior > Organizational Change #1187 in Books > Business & Money > Processes & Infrastructure > Structural Adjustment

## **Customer Reviews**

Thank you! Thank you! Thank you! After despairing at the very idea of raising my bad boss issues to HR or even my boss himself I have finally have some practical things I can do without ever having to confront my boss to help me get through the days until I can get out of this job! The suggestions on kindness and gratitude alone have shifted my entire approach to people at work. I'm a victim no more because of this book!

Just the title of this book made me laugh and helped me to think maybe there was a way I could stand up to my horrible boss after all. While I could never quite bring myself to swear at my boss there were lots of simple ideas I was able to apply from this book that made my job more bearable.

Useless if you have a boss that's mentally unstable and you can't possibly quit and run. There's got to be some laws passed before this problem will be addressed.

### Download to continue reading...

5 Reasons To Tell Your Boss To Go F\*\*k Themselves!: How Positive Psychology Can Help You Get What You Want What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life (What Your Doctor May Not Tell You About...(Paperback)) Event Planning: Plan Events Like a Professional, Impress Your Clients and be Your Own Boss in 12 Simple Steps (event planning, experience, organise, manage, ... be your own boss, work from home Book 4) Outsource Smart: Be Your Own Boss . . . Without Letting Your Business Become the Boss of You 101 Things to Do Outside: Loads of fantastically fun reasons to get up, get out, and get active! Positive Options for Living with Lupus: Self-Help and Treatment (Positive Options for Health) Good Boss, Bad Boss: How to Be the Best... and Learn from the Worst What Your Doctor May Not Tell You About(TM) Prostate Cancer: The Breakthrough Information and Treatments That Can Help Save Your Life What Your Doctor May Not Tell You About(TM) Colorectal Cancer: New Tests, New Treatments, New Hope (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About...(Paperback)) Chicken Soup for the Soul:

Think Positive: 101 Inspirational Stories about Counting Your Blessings and Having a Positive Attitude Amalgam Illness, Diagnosis and Treatment : What You Can Do to Get Better, How Your Doctor Can Help How To Get Rich In Real Estate: Quit Your Job, Be Your Own Boss, & Live The Dream Business Negotiation: 20 Steps To Negotiate With Results, Making Deals, Negotiation Strategies, Get What You Want, When You Want It, Achieve Brilliant Results, Negotiation Genius, Leadership Persuasion: The Art of Persuasion, Influence, and Power To Get Whatever You Want, Whenever You Want I Am Positive: 31 Positive Affirmations For A Prosperous Soul (Negative Self Talk Book 4) Half Truths: God Helps Those Who Help Themselves and Other Things the Bible Doesn't Say Half Truths [Large Print]: God Helps Those Who Help Themselves and Other Things the Bible Doesn't Say Half Truths Youth Study Book: God Helps Those Who Help Themselves and Other Things the Bible Doesn't Say Use Your Head to Get Your Foot in the Door: Job Secrets No One Else Will Tell You (Your Coach in a Box)

#### <u>Dmca</u>