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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

MICHELLE MCQUAID

*"An enjoyable book that makes an incredible amount of sense when it comes to dealing with bad bosses."*  
Mihaly Csikszentmihalyi, author of Flow

## 5 Reasons

To Tell Your Boss To Go

F\*\*K Themselves!



HOW POSITIVE  
PSYCHOLOGY CAN  
HELP YOU GET  
WHAT YOU WANT

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## 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! 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-energized. Amazingly, 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 world'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.michellemcquaid.com](http://www.michellemcquaid.com)

## Book Information

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## 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.

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