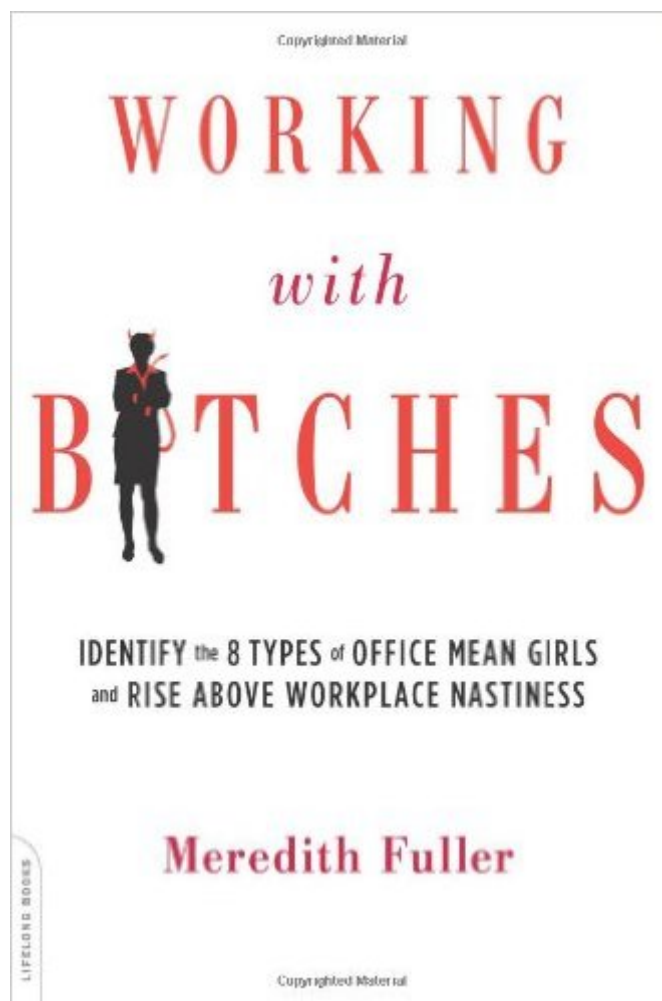


The book was found

Working With Bitches: Identify The Eight Types Of Office Mean Girls And Rise Above Workplace Nastiness



Synopsis

What do you do when the queen bee demands to know why you haven't written the report she never asked for? Or when the colleague who you thought was your friend takes sole credit for the project you worked on together? It's hard to speak out about catty behavior, especially when it's insidious or goes on behind your back. But you can usually sense when something's off; particularly if you're completely stressed out and hate the job you used to love. Let's face it, ladies: there are plenty of nasty, manipulative, and destructive women in the workplace who fly under the radar while ruthless alpha males get all the bad press. In *Working with Bitches*, psychologist Meredith Fuller offers practical advice on how to recognize and manage difficult women at work. Dr. Fuller combines actual cases with tips that women can use right away to defuse even the worst situations. Readers will learn how to deal with the eight types of mean girls they might face in the office and find powerful reassurance that they are not alone.

Book Information

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Customer Reviews

This book was a non-fiction book that explained how to deal with difficult women at work (AKA "work bitches", which I'm going to call WBs from here on out). It first explained what a WB was, then explained the different types of them. Almost half the book was just explaining the different types of WBs, how to recognize them, why they acted the way they did, and suggested tips on how to deal with them. Then the book explained a bit more about personality types and the two main types of decision-makers. I picked up this book after suffering through one too many run-ins with a WB. I didn't realize the problem was so common, but in Fuller's book, she explains it and it seems to be

more commonplace than I initially thought. Even some of the examples of others suffering under a WB totally described me - at a time it got to be so bad that I dreaded going into work and putting up with the behavior, and I would stress out not knowing when I'd be lashed out at again. I became physically sick and would have anxiety attacks and actually be nauseous because of it, and I started to hate my job. I came across this book at the right time because it definitely helped me first to see that it wasn't just me in this situation, but also to understand more about the problem. I thought this book was really helpful to understand the different types of WBs out there, plus I found the tips on how to handle or deal with them really useful - they were tips you can use all the time in your daily life when coming across difficult people, male or female. Parts of this book were pretty dry and wordy, and I also found it to be a bit repetitive at times.

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