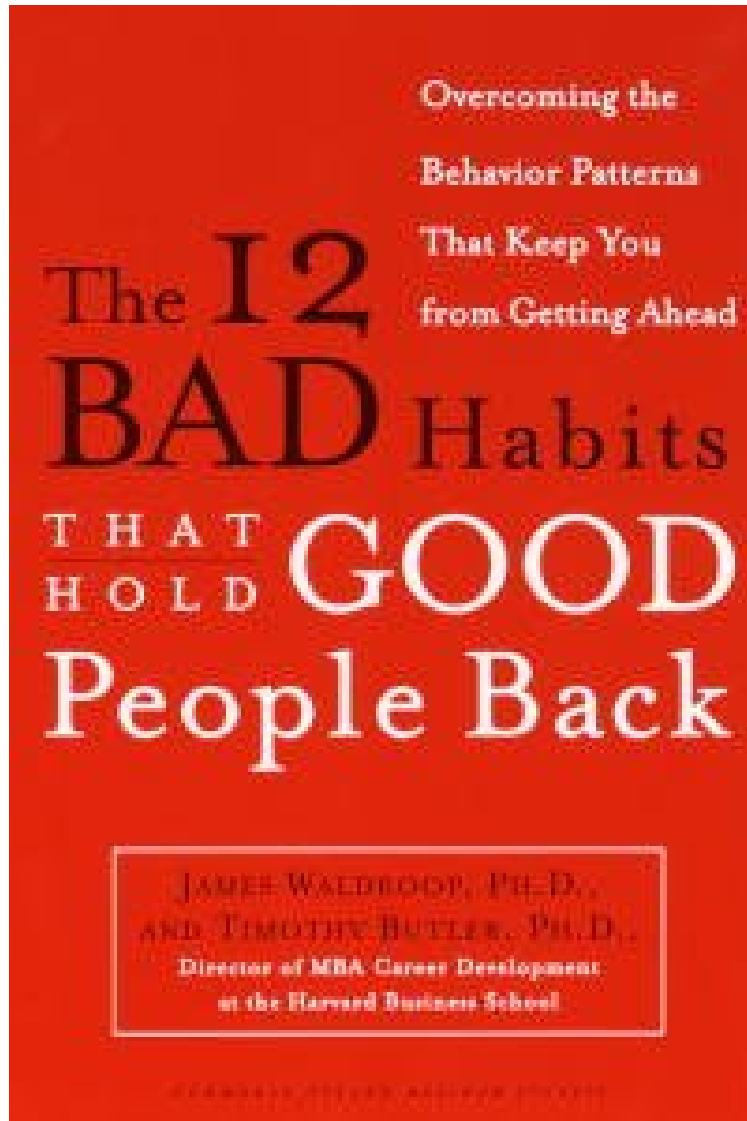


(Ebook free) The 12 Bad Habits That Hold Good People Back: Overcoming the Behavior Patterns That Keep You From Getting Ahead

## The 12 Bad Habits That Hold Good People Back: Overcoming the Behavior Patterns That Keep You From Getting Ahead

*Timothy Butler Ph.d, James Phd Waldroop*  
DOC | \*audiobook | ebooks | Download PDF | ePub



#510074 in eBooks 2002-02-05 2002-02-05 File Name: B000FC1GEM | File size: 20.Mb

**Timothy Butler Ph.d, James Phd Waldroop : The 12 Bad Habits That Hold Good People Back: Overcoming the Behavior Patterns That Keep You From Getting Ahead** before purchasing it in order to gage whether or not it would be worth my time, and all praised The 12 Bad Habits That Hold Good People Back: Overcoming the Behavior Patterns That Keep You From Getting Ahead:

3 of 3 people found the following review helpful. Useful warnings could be presented more engaginglyBy GreenyThe

authors are authoritative on identifying major psychological issues that harm one's career. In Part I, they explain the personality types that hold people back from success. This was a little scary because anybody should be able to see some of themselves in most of these types. Part II is more interesting because it covers the underlying reasons for the self-defeating behaviors in Part I. Rather than repeat a summary of the book, I would just caution the reader on the experience of reading it. To say this is dry is an understatement. It is just not engaging and on top of that, each personality flaw is a separate lecture. I could not get through this book cover to cover, and I'm the stubborn type that persists normally. The book has a lot of good information. It is not the type of book to read through as much as a reference book in my view.

2 of 2 people found the following review helpful. The One Bad Habit that holds a good book back - Elitism  
By Anil Philip  
The One Bad Habit that holds a good book back - Elitism. This is a valuable book if you can get past the annoyance that it is a book by and for, the elites of society. The people interviewed for the counseling case studies are all either Harvard/Ivy League/MIT, or 'brilliant', 'very bright' or high society. None of them are average or middle-class. The authors are from Harvard Business school. In other words, this book is about analyzing why these good folks, the cream of the crop stumbled in their race to the top. I wish, the authors had shown more compassion for the desperate, average people and helped them also - janitors, unwed mothers and people with an unsavory past - like jail or drug addiction. Then it might have been a best seller and a household name - observe that people in general have never heard of it.

4 of 4 people found the following review helpful. Genuine help for technical professionals  
By NanoDude  
Feeling "stuck" in my career after 7 years in essentially the same higher-level engineering position at a blue chip tech company, I originally bought "The Career Journey: A book on career management" by Ram Iyer after reading the glowing reviews. Unfortunately, that book was mainly written for recent college grads in business trying to move up in management. Not helpful (he does not seem to comprehend what a "technical ladder" is or at least seems to think it is of little value). Not to be deterred, I found this book and it was very interesting to find my main bad habits - "pessimist-worrier" and "emotionally tone deaf", along with clear examples genuine steps to address them. How constructive! It is also interesting to read these and recognize the bad habits of others I work with. The descriptions really help to put me "in their heads" and thereby deal with my co-workers and managers more effectively. Excellent read and very insightful.

Have you ever wondered why some people seem to rise effortlessly to the top, while others are stuck in the same job year after year? Have you ever felt you are falling short of your career potential? Have you wondered if some of the things you do at work might be hamstringing your ambitions? In *The 12 Bad Habits That Hold Good People Back*, James Waldroop and Timothy Butler identify the twelve habits that, whether you are a retail clerk or a law firm partner, work in technology or in a factory, are almost guaranteed to hold you back. The fact is, most people learn their greatest lessons not from their successes but from their mistakes. *The 12 Bad Habits That Hold Good People Back* offers the flip side to Stephen Covey's approach in *The 7 Habits of Highly Effective People*, zeroing in on the most common behavior that can impede a career. Based on over twenty years of research as business psychologists, the authors claim that the reasons people fail in their jobs are the same everywhere. Only after these detrimental behaviors have been identified can the patterns that limit career advancement be broken. Using real-life accounts of clients they have worked with at Harvard and as executive coaches at such companies as GTE, Sony, GE, and McKinsey Co., Waldroop and Butler offer invaluable, and in some cases, job-saving, step-by-step advice on how readers can change their behavior to get back on track. For anyone seeking to achieve his or her career ambitions, *The 12 Bad Habits That Hold Good People Back* is a powerful tool for unleashing true potential.

From Publishers Weekly  
Superbly suited to write an authoritative book on career success, these two Harvard Business School psychologists have developed an Internet-based career assessment program used in business schools and have amassed considerable insight into the realities of workplace behavior patterns through their research and executive coaching. In this comprehensive book, they strive for a tone that's authoritative but not too academic, and succeed in creating a thoughtful book that is helpful, though curiously bland, especially compared to Stephen Covey's *Seven Habits of Highly Effective People*, whose market the authors seem to target. Arguing that people can learn from their failures, Waldroop and Butler focus on personal weaknesses rather than successes, identifying a dozen behaviors and attitudes that can sabotage career growth in otherwise talented individuals, such as feeling inadequate, seeing issues in black and white, trying to be a hero who can do everything, avoiding conflict at any cost, operating out of fear, being a rebel or too much of a risk-taker, and losing focus. They describe these Achilles' heels in colloquial terms before analyzing the psychology behind them, using case studies from their practice to illustrate common patterns and show the effect on organizations. Readers who find themselves or their colleagues depicted here stand to gain insight into dealing with their own weaknesses and handling others who exhibit them. The authors' credentials, along with the book's accessibility and right-on positioning, is likely to propel this book onto business bestseller charts, though some readers may wish for a more compelling presentation.

Agent, Kris Dahl at ICM. (Sept.) Copyright 2000 Reed Business Information, Inc. Break bad habits before they break you. Advance Acclaim for Maximum Success  
An intelligent and

insightful guide to that essential task: managing your own career."-Daniel Goleman, author of Emotional Intelligence

"In a world full of self-help books, it is high time someone addressed the issue of identifying and correcting the 'fatal flaws' that derail many executives in the midst of apparently promising careers. Maximum Success takes you step by step through a process to identify and correct the key negative behavior patterns that can throw you or your high-potential employees off track. Invaluable!"-Stephen R. Mercer, Vice President of Learning and Leadership Development, Boeing

"Dead-on accurate in its diagnoses and enormously helpful in its recommendations. A must-have for every manager and every employee."-Eileen Grabowski, Vice President, Firmwide Recruiting, Morgan Stanley Dean Witter

"Every day I have the privilege of reading about the accomplishments of some of the world's great young leaders. No matter what you aspire to do, this book should help you stay on track and reach your potential. A must read."-Kirsten Moss, Managing Director, MBA Admissions, Harvard Business School

"Maximum Success is maximally useful. Based upon the authors' many years of experience, this book tells us about the most common mistakes people make and shows how they can correct them. Written in a strong, straightforward style, this book can save careers, save businesses, save individuals from the tragedy of wasting great talent because of a fatal flaw. It shows what to do-before it is too late."-Edward Hallowell, M.D., author of Driven to Distraction

From the Inside Flap

Have you ever wondered why some people seem to rise effortlessly to the top, while others are stuck in the same job year after year? Have you ever felt you are falling short of your career potential? Have you wondered if some of the things you do-or don't do-at work might be hamstringing your ambitions? In "The 12 Bad Habits That Hold Good People Back, James Waldroop and Timothy Butler identify the twelve habits that-whether you are a retail clerk or a law firm partner, work in technology or in a factory-are almost guaranteed to hold you back. The fact is, most people learn their greatest lessons not from their successes but from their mistakes. "The 12 Bad Habits That Hold Good People Back offers the flip side to Stephen Covey's approach in "The 7 Habits of Highly Effective People, zeroing in on the most common behavior that can impede a career. Based on over twenty years of research as business psychologists, the authors claim that the reasons people fail in their jobs are the same everywhere. Only after these detrimental behaviors have been identified can the patterns that limit career advancement be broken. Using real-life accounts of clients they have worked with at Harvard and as executive coaches at such companies as GTE, Sony, GE, and McKinsey Co., Waldroop and Butler offer invaluable-and in some cases, job-saving-step-by-step advice on how readers can change their behavior to get back on track. For anyone seeking to achieve his or her career ambitions," The 12 Bad Habits That Hold Good People Back is a powerful tool for unleashing true potential.