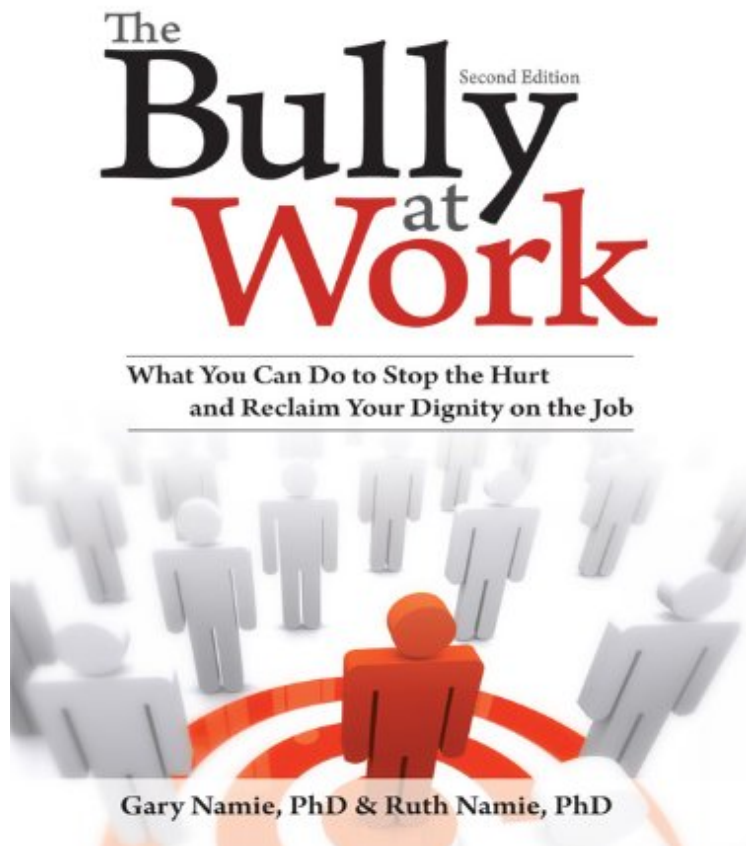


[Library ebook] The Bully at Work: What You Can Do to Stop the Hurt and Reclaim Your Dignity on the Job

## The Bully at Work: What You Can Do to Stop the Hurt and Reclaim Your Dignity on the Job

Gary Namie Ph.D., Ruth Namie PhD  
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*"This is the best book on what workplace bullies do and how to stop them in their tracks."*  
— Robert I. Sutton,  
Stanford professor and author of *The No Asshole Rule*



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**Gary Namie Ph.D., Ruth Namie PhD : The Bully at Work: What You Can Do to Stop the Hurt and Reclaim Your Dignity on the Job** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Bully at Work: What You Can Do to Stop the Hurt and Reclaim Your Dignity on the Job:

33 of 34 people found the following review helpful. Escape the Bully By Finding a New Job By Patrice Walsh While the author does a fine job explaining the psycho dynamics between the bully and the target, and why neither management nor the rest of the team is going to come to the target's assistance, the remainder of the book is of no practical value. According to the author, you can file a law suite, probably lose and find a new job. End of author's recommendations. Finding a new job is not likely in the new economy. Even if you did find a new job, you'll be the vulnerable, new player to a new bully -- as the author says, bullies are common. To me, reclaiming your dignity means

taking charge of the situation using strategies that disempower or unsettle the bully. None of that here. To me, the book was worthless and I wouldn't recommend it to anyone. 19 of 20 people found the following review helpful.

Positive Confirmation that Bullies are real  
By CriticalSethI purchased this book in hopes of finding some positive solutions for dealing with bullies at work, and more specifically a group of supervisors who have turned into tyrants. The book goes a long way in confirming what most victims already know. First, Bullying in the workplace is real. Second, Bullies tend to single out specific "targets" for very specific reasons, even though those reasons are often flawed and known only to the creep doing the bullying. Lastly, being bullied can and does have a devastating impact on the bullied person's health, safety and well-being. Sadly, after the book provides all the details that confirm the proliferation of bullies behind corporate walls, it plainly and clearly lets the reader know that most of the solutions offered in the book (HR complaints, Union Representation, EEO complaints, Complaints to higher management, Law suits) provide very little if any positive or permanent solutions. The only remedy to the horrible "end game" of bully v.s. target ends up being: quit, seek employment elsewhere, leave, get away from the situation. The authors are well known specialists in the field, so they likely provide this candid view of the "very limited solutions" based on their actual case studies and 'real world' experiences with actual victims. Very sad that bullying is so rampant in the workplace. Even sadder that it is allowed to persist unabated.

6 of 6 people found the following review helpful. A recovering Target...  
By cherbearThis book seems to be more helpful for Targets who are currently under the thumb of a workplace bully. The author makes a point to capitalize the word "Target" because he feels that Targets are due the respect that is being robbed of them in the toxic workplace. I am recovering from the pain caused by my workplace bully BUT the book was still helpful. The book includes some impressive statistics and even a chapter steered toward helping the "Target's" support network understand what the "Target" is experiencing and surviving. One of the biggest things I was struggling with was why and HOW I became a Target. This book helped me understand the probable reasons why my bully targeted me. It also explained how she has been able to get away with her behaviors. The least helpful part of the book for me were the sections about the Target taking the bully to court for their behaviors. The best answer to my situation was for me was to leave. However, it was very detailed about the success, time, and money involved with taking the bully to court.

A landmark book that blazed light on one of the business world's dirtiest secrets, *The Bully at Work* exposed the destructive, silent epidemic of workplace bullying that devastates the lives, careers, and families of millions. In this completely updated new edition based on an updated survey of workplace issues, the authors explore new grounds of bullying in the 21st century workplace. Gary and Ruth Namie, pioneers of the Campaign Against Workplace Bullying, teach the reader personal strategies to identify allies, build their confidence, and stand up to the tormentor - or decide when to walk away with their sanity and dignity intact. The Namies' expertise on workplace bullying has been featured in such media outlets as *The Early Show*, CBS Radio, *The Howard Stern Show*, CNN, PBS, NPR, USA Today, and *The Washington Post*. "This is the best book on what workplace bullies do and how to stop them in their tracks. The Namie's remarkably useful and concrete advice has helped millions of people, and *The Bully at Work* will spread their tried-and-true wisdom to millions more." -Robert I. Sutton, Stanford Professor and author of *The No Asshole Rule* "Sheds light on one of the business world's dirtiest secrets - corporate bullying." -Dayton Business Journal "Filled with remedies for an ailment that is ravaging workplaces..." -Harvey A. Hornstein, PhD

About the Author Gary Namie, PhD, (Bellingham, WA) is a social organizational psychologist. He is the president of the Campaign Against Workplace Bullying. Ruth Namie, PhD, is the CEO of the Campaign Against Workplace Bullying. Dr. Namie has been a psychotherapist since 1986 and holds a doctorate in clinical psychology. They live in Bellingham, Washington.