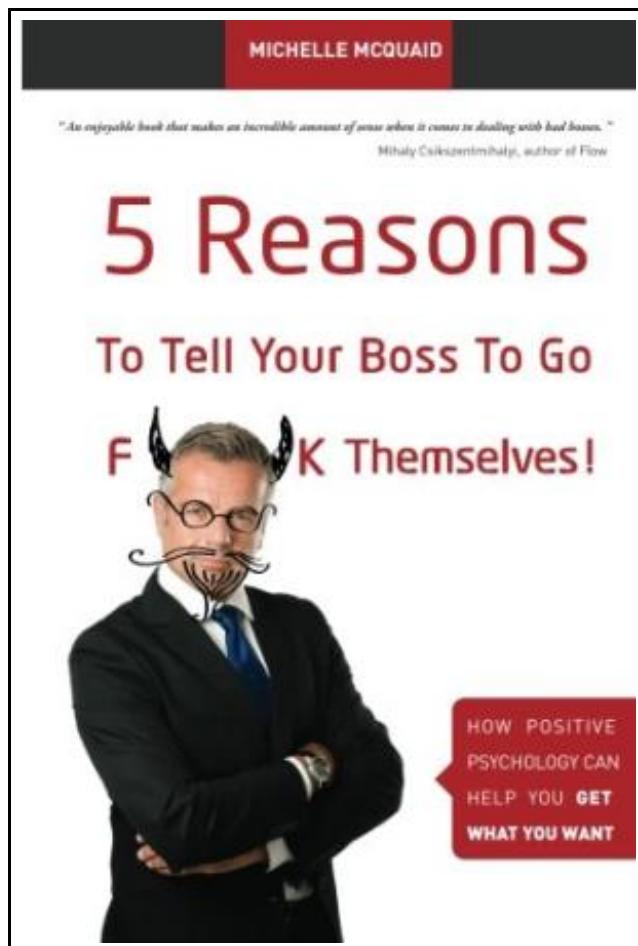


# 5 Reasons To Tell Your Boss To Go Fk Themselves How Positive Psychology Can Help You Get What You Want Volume 1



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## Reviews

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Michelle McQuaid. Paperback. Book Condition: New. Paperback. 164 pages. Dimensions: 8.9in. x 6.0in. x 0.6in.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! Its 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 worlds 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,...



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