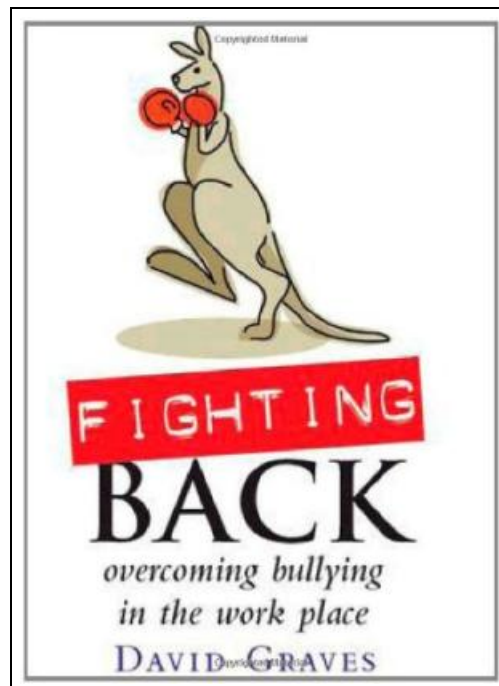


Fighting Back - Overcoming Bullying in the Work Place: Overcoming bullying in the workplace (Paperback)



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Reviews

This book may be worth buying. I have read and i am confident that i am going to planning to go through once more once again in the future. Its been written in an exceptionally easy way and it is simply soon after i finished reading this publication in which actually altered me, modify the way i believe.

(Faye Shanahan)

FIGHTING BACK - OVERCOMING BULLYING IN THE WORK PLACE: OVERCOMING BULLYING IN THE WORKPLACE (PAPERBACK)



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McGraw-Hill Education - Europe, United States, 2002. Paperback. Condition: New. Language: English . Brand New Book. `Fighting Back represents a comprehensive analysis of a major industrial problem: bullying. The book sets out a practical and strategic approach for dealing with and combating a very serious problem. Tony Young, President, T.U.C. `This is a long awaited and welcome book. It contains the straightforward advice that people being bullied have been asking for and have yet to receive. Baroness Gould, House of Lords `This is an outstanding, plain-talking manual that explains exactly how bullies operate at various levels, how victims can protect themselves and how the bullying behaviour can be effectively countered. Highly recommended for individuals, managers and concerned colleagues. Tim Roberts, Partner, Peace Makers UK, reviewer and journalist, visiting lecturer at University of Liverpool Fighting Back is a hard-hitting, authoritative guide to combating bullying in the work place. Taking a simple, straightforward approach, this book looks at how to recognise a bully, how to protect yourself, how to gather evidence, and the steps to take to make an immediate and lasting difference. This book features real life case studies, which will arm those being bullied with realistic advice to remedy the situation. Practical and inspirational, the book shows you how to: develop assertive behaviour gain control and assert your rights recognise stressful behaviour and deal with it positively recognise when you are being bullied and when you are not tackle `flaming (a form of bullying via e-mail) If the bullying persists, the book provides you with practical advice and information on the tribunal and legal issues both in the UK and Europe.

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