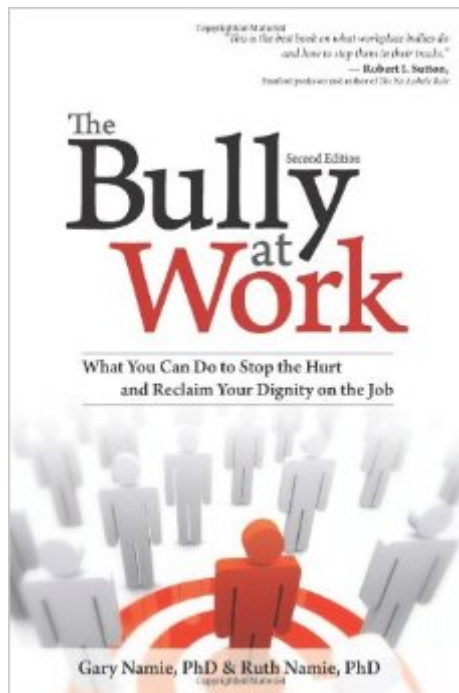


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# The Bully At Work: What You Can Do To Stop The Hurt And Reclaim Your Dignity On The Job



## Synopsis

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

## Book Information

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## Customer Reviews

I suffered an incident of bullying at work for the past two years. In my case, I got things successfully resolved when one bully left of his own accord, and the other bully was stopped by senior management (I was fired, and senior management rehired me when I went over the bully's head).

According to this book, this happens in only seven percent of cases. I feel very lucky. In my case, the only piece of the puzzle that was missing was WHY this happened to me, and this book really helped clarify that for me and bring the whole incident to closure. I just found this book and read it, and if I had had it during the time all of this was going on, it would have helped me immensely. I experienced all of the behaviors described in this book, and I think the reasons given for the behavior are right on the mark. When my e-mail friends suggested the same reasons (before I read this book), I found them so far-fetched (such as perhaps I was making the bullies look bad through my competence-I said to myself, "They are professional people; surely they are self-confident about their own work.") This book looks at reasons for bullying, and who become targets for bullying behavior (how and why those targets are chosen). It discusses bullying in other European countries, as well as South Africa, and what progress legally has been made against passing laws against bullying in the workplace. These laws are compared with the legal progress/standing of the target in the United States. The book discusses health ramifications on the target, and all possible actions that can and should or should not be taken personally, and in the workplace. If I had read this book MUCH sooner (such as when the bullying FIRST started), it would have helped me emotionally.

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