



Not All Bullies Yell and Throw Things: How to Survive a Subtle Workplace Bully

Glory Borgeson

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How To End the Workplace Bullying in Your Life!

Stop the Stress, Stop the Pain, Get Your Health Back, and Get Your Career Back on Track!

Are you the target of a subtle workplace bully?

What is it about Subtle Workplace Bullies?

A plight is lurking about in workplaces across the world. It is in the form of certain coworkers, bosses, contractors, or even directly reporting employees. These people are sly, cunning, and tricky. Their bad behavior is usually subtle, occasionally obvious, and always stressful.

When we read or hear about workplace bullies, they're usually depicted as being loud, obnoxious, and harassing several colleagues. The recipients of their behavior report many stress symptoms that often harms their health.

But what if you're experiencing stress symptoms at work and no one is shouting at you, being obnoxious, or harassing you? What if someone at work is subtly badgering you, treating you in ways that demean you, and doing it on purpose?

In *Not All Bullies Yell and Throw Things: How to Survive a Subtle Workplace Bully*, Glory Borgeson lays out a new definition of a workplace bully whose fingerprint on people's lives is just as debilitating as that of an obvious bully.

Identify Your Workplace Bullying Symptoms and Solutions

Reading through the first half of the book, you will identify the symptoms of workplace bullying as they match up to your symptoms. Later in the book, you will read about a variety of solutions to the bullying from which you can choose which is most advantageous for you.

Identify the Bully and Know that You're Not Alone

In this book you will learn how to identify whether you're being subtly bullied, how the bully is targeting you, and realize this happens to millions of people daily.

Figure Out What You Can Do to Lower the Stress in Your Life

You will learn how to take steps to lower the stress from the bullying, which will help you to be healthier. (Bullying robs you of your health!)

Decide Whether to Confront the Bully and How

You will learn what needs to be in place in order to successfully confront the bully, how to get the situation lined up if this is the choice you want to pursue, and how to then confront.

Determine When It's Time to Find a New Job

The reality is, many companies harbor workplace bullies. You will need to decide when it's time to look for a new job - and how to do that.

Shouldn't the Company Care?

You would think a company would care that its employees are experiencing workplace bullying. Many companies care more about money. This book will give you details about what it costs a company to keep a bully on staff. You can arm yourself with this information if you need it to build a business case.

Shouldn't Human Resources (HR) Help Me?

One of the author's favorite topics! You will read about the truth regarding HR. While there are some terrific HR people out there, most will not support you through a workplace bullying issue. Read about how to handle HR representatives so that they don't hurt you, too.

How Do I Get Support From My Family and Friends?

When you're experiencing workplace bullying, you will need to get help from the people closest to you. There is an entire chapter devoted to how to get help from your family and friends. In fact, this chapter is intended to be *read by* your family and friends!

Learn How to Identify a Workplace Bully During a Job Interview

It would be best if you didn't go to work for a workplace bully in the first place! An entire chapter covers how to identify a bully during a job interview.

Life is too short! End the workplace bullying in your life now!

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