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# 5 Reasons To Tell Your Boss To Go F\*\*k Themselves: How Positive Psychology Can Help You Get What You Want (Volume 1)



## Synopsis

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! It's 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 world's 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, actionable advice and enthusiasm for life make her a favorite of audiences around the world. Find out more at [www.michellemcquaid.com](http://www.michellemcquaid.com)

## Book Information

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## Customer Reviews

"An enjoyable book that makes a huge amount of sense when it comes to dealing with bad bosses." - Mihaly Csikszentmihayli, the world's leading researcher in positive psychology and best-selling author of "Flow" "Offers great insight into how your mindset can turn even challenging bosses into growth opportunities." - Carol Dweck, world-renowned Stanford psychologist and best-selling author of "Mindsets" "Well-researched resilience building strategies to help you deal with a difficult boss." - Karen Reivich, co-director of the Penn Resiliency Project and best-selling author of "The Resilience Factor" "A fast-paced set of engaging stories that we can all relate to about bad bosses, along with evidence-based prescriptions from the world of Positive Psychology that will help you deal with professional stress and transform your work environment." - Caroline Adams Miller, MAPP, best-selling author of "Creating Your Best Life" "The must-read guide to how the science of positive psychology can help you survive a difficult boss. McQuaid's blend of case studies, practical advice and proven techniques makes this an enjoyable and rewarding read from beginning to end". - David J. Pollay, MAPP, best-selling author of "Law of The Garbage Truck"

Personally, I believe that there are very few genuinely bad bosses, but rather an abundance of bosses who are bad at their jobs. This is why three out of every four people report that their boss is the most stressful part of their job. Yet most bosses don't want to leave people feeling demeaned, disrespected and de-energized because it's a terrible way to run a business. So how can we improve this problem in workplaces? I stumbled on an accidental solution to this challenge when after six miserable months of being relentlessly and unreasonably hounded about my resilience I politely suggested that my big, important boss respectfully go f\*\*k himself. After picking his jaw up off the floor, to his credit - and my eternal gratitude - he found the grace to laugh. Let's just say we never spoke of the need to toughen me up again. What surprised me most was that when I shared this story with friends tales of bad bosses came pouring out. There were control-freak bosses trying to fix us, incompetent bosses who undermined us, manipulative bosses who isolated us from others, narcissist bosses who cared nothing about us and moody bosses who got off on bullying us. And none of us knew what to do about it. So, for light relief, as we shared our horrible boss stories, we started responding with the rallying cry: "Ah tell them to go f\*\*k themselves!" and the very idea would make us laugh

every time. My mother would have scrubbed our mouths out with soap, but science would have applauded me! ã ã Studies prove that swearing can be a tremendous source of pain relief. ã ã When mixed with a bit humor, ã ã swearing actually jolts our brains into more expansive, tolerant and creative thinking spaces ã ã that make us much better problems solvers. This proved especially handy when it came to dealing with our bad bosses. I'm not really advocating that you should walk into your boss' office and tell them to go f\*\*k themselves - although ã ã I'll teach you my secret if you ask. I do believe that playfulness is essential to our growth. ã ã And that ã ã we each have the ability to change our situation, no matter what we're facing. Drawing on all I've learnt in my studies of positive psychology (with the field's founder Martin Seligman) this book ã ã empowers employees with practical advice ã ã to help them overcome the terrors created by their bad bosses. Chock full of case studies from people in varied industries and roles, ã ã readers will walk away with the courage and the confidence to create win-win outcomes ã ã for themselves, their bosses and their organizations. Think of it as social aikido. For the workplace. Whether you choose to stay in your role or move on and find a nicer boss, you'll ã ã discover the secret to a range of simple, proven skills that can make work much more enjoyable.

If you want to know how to be happy at work, and manage your boss in the process, then you must read this book. Whilst the title may seem flippant, it certainly made me laugh, and let's be honest, who hasn't wanted to tell their boss to go knick off at least once! This book is a great read, and is filled with science, facts, research and stories that bring it all to life. With many different scenarios, you are sure to be able to relate to one if not all of them. The writer is an expert in both positive psychology and workplace interventions, so she certainly knows what she is talking about, and has the credentials to back it all up. This differentiates her and this book from the avalanche of management books that can sometimes be light on both evidence, and also the playfulness that makes this book so easy to read, and pleasurable as well. If you are over your boss, are fed up at work, or just want to understand more about the science of thriving at work, then this is an absolute must read.

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