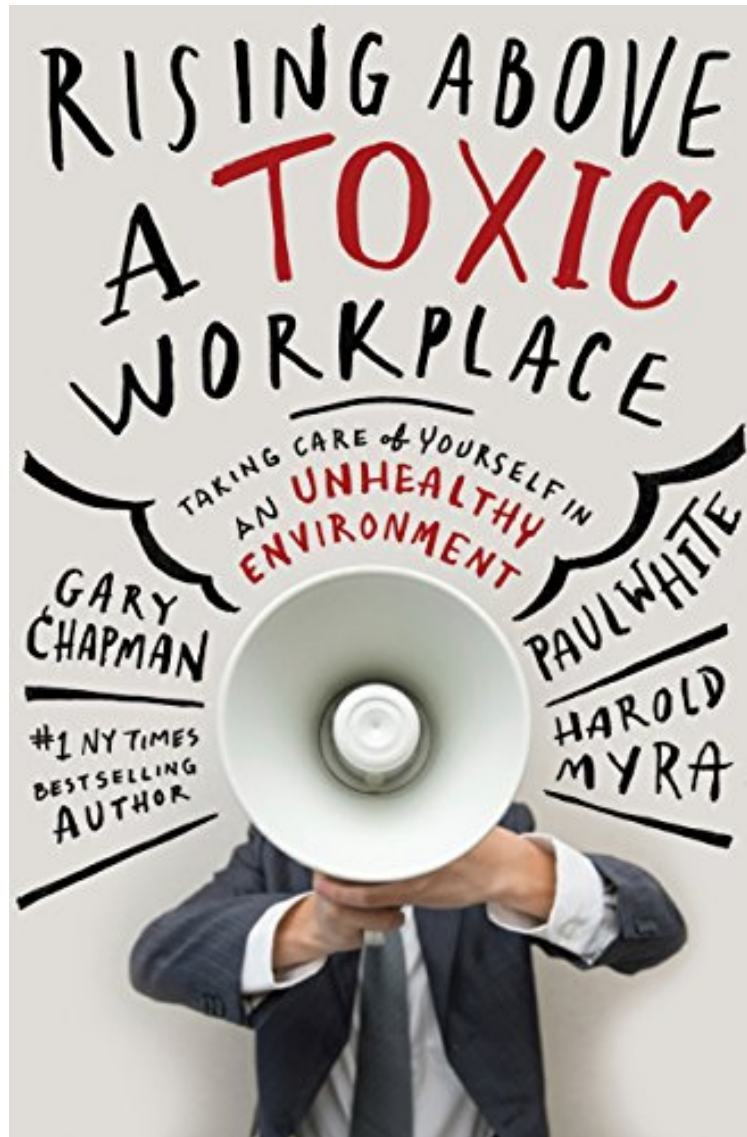


## Rising Above a Toxic Workplace: Taking Care of Yourself in an Unhealthy Environment

Gary Chapman, Paul White

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**Gary Chapman, Paul White : Rising Above a Toxic Workplace: Taking Care of Yourself in an Unhealthy Environment** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Rising Above a Toxic Workplace: Taking Care of Yourself in an Unhealthy Environment:

3 of 3 people found the following review helpful. A life changer : Wish I had this book 7 or 8 years ago. By ahmad samir Book is very good and real life examples are great. Yet I believe it -this book; could be more by providing more discussions and pro. advises on provided examples. I think it needs the 5 language of appreciation in a work place to be

read as well to get even more benefit from this one. Maybe I could give it 5 stars after reading 5 language appreciation in a workplace. 0 of 0 people found the following review helpful. Rising Above a Toxic Workplace: Taking Care Of Yourself By Karen Edgecombe This was a very well written book. There was a lot that I have already experienced, and some much worse and some better. Very informative. 0 of 0 people found the following review helpful. Five Stars By Joy W. Great and encouraging book for those experiencing personnel difficulties at their jobs!

Learn how to thrive in or escape from a toxic work environment. Toxic organizations are rife with conflict, fear, and anger. The environment causes people to have physiological responses as if they're in a fight-or-flight situation. Healthy people become ill. Colds, flu and stress-related illnesses such as heart attacks are more common. By contrast, in resonant organizations, people take fewer sick days and turnover is low. People smile, make jokes, talk openly and help one another." - Annie McKee (author, consultant) Many employees experience the reality of bullying bosses, poisonous people, and soul-crushing cultures on a daily basis. Rising Above a Toxic Workplace tells authentic stories from today's workers who share how they cope, change, or quit. Candidly they open up about what they learned, what they wish they had done, and how to gain resilience. Insightfully illustrating from these accounts, authors Gary Chapman, Paul White, and Harold Myra blend their combined experiences in ministry and business to deliver hope and practical guidance to those who find themselves in an unhealthy work environment. Includes a Survival Guide and Toolkit full of strategies and realistic insights

About the Author GARY CHAPMAN--author, speaker, counselor--has a passion for people and for helping them form lasting relationships. He is the #1 bestselling author of The 5 Love Languages series and director of Marriage and Family Life Consultants, Inc. Gary travels the world presenting seminars, and his radio programs air on more than 400 stations. For more information visit his website at [www.5lovelanguages.com](http://www.5lovelanguages.com). Paul White, PhD, is a psychologist, author, and speaker who makes work relationships work." He has consulted with a wide variety of organizations, including Microsoft, the US Air Force, the Million Dollar Round Table, and Princeton University. He and Gary Chapman coauthored The 5 Languages of Appreciation in the Workplace.