



Bullies...They're in Your Office, Too: Could You Be One?

S.L. Young

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This is a must read book for anyone who is being bullied at work, has been bullied at work, or wants to learn about workplace bullying --- along with ways to eliminate it. Bullying behavior is often considered to be related to the antics of developing children. However, the same or similar behavior can be found in many offices also. The major difference between a school and a workplace bully is the environment that the bullying occurs, as the tactics used by school and workplace bullies are nearly the same. The focus of this book is to bring attention to an issue with great significance that is not discussed enough, impacts productivity in offices around the world, and can lead to emotional or psychological damage. This book is a single step toward raising awareness about, identifying the types of, and combating this very important topic of workplace bullies. Unresolved workplace bullying incidents can lead to unethical behavior, toxic work environments, lost employees, mental health challenges, and the loss of lives. It's time to stop being silent about workplace bullying and its impact on employees' mental and physical well-being.

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Robin Morgan says

My entire working career has essentially been working for NYCity in one of their agencies. It doesn't matter which one as workplace bullying takes place in all of them.

Mr. Young has done a wonderful job in the systematic manner in which he has presented the information contained in this book. Using his personal experiences the author starts with a situation in which presumptive bullying might be occurring in, he then enters into a discussion of a related event. As is with any event we witness, questions are raised and lessons are learned, and the author follows this line of reasoning.

The author in Chapter 2 has given his readers a listing of the various types of bullying behavior which can be found in the workplace environment; which he uses to label each of the situations he discusses in the rest of the book.

I got bullied numerous times during my time with the agency I worked for. My co-workers didn't like that I wouldn't go along with the flow when I found information on a case with came to my desk which they had been too lazy to look for, this meant they now had to do their work all over again. One worker told another and then another so I didn't become well liked they, and in return they tried to undermine my image in the eyes of management.

When I became a supervisor, they didn't like when I told them they couldn't handle in their work because it had still been incomplete. The workers in my unit ganged up on me by withholding some of their work each day, and then submitted all of their completed assignments at one time on Thursday afternoons before they left. This left an impression with my supervisor I hadn't done any work all week on Fridays. So I was "forced" to let inferior work go by.

The biggest bully I had to deal with was a director who told his analysts about a problem which existed, and it was your job to resolve it. If your solution had been something like creating a spreadsheet, which I did on a few occasions, he would go to his superior and tell them he found a solution to the problem, presented your spreadsheet as his own. There was no way you could call him out on this, as he tended to downplay your work, and even create lies regarding something which never happen regarding your work.

His favorites could do no wrong. If a new task was assigned, and errors were made in the beginning; his favorites were on a learning curve and you were considered to be stupid.

This guy would remind his workers that they should not have the attitude they couldn't be replaced, because he could replace them at any time. That being said, I retired on short notice, and the following week when his boss inquired why all the reports are messed up, he replied by saying I never trained anyone; I did and I still have the detailed instructions I gave to another worker with a copy going to my supervisor.

In the long run, bullying will always have a negative impact on the FISCAL FITNESS of any company.

For telling his readers about the reality of bullies in the workplace environment in a highly informative manner I've given this book 5 STARS.

I read this book via a KINDLE Unlimited Download.

Mary says

Valuable discussion of the types of bullying that occur everyday in the workplace. Too often this behavior is tolerated. Good tool for Human Resource departments to address these issues.(Thanks to Goodreads First Reads for the free copy of this book!)

Joyce Yanney says

Writes of experiences of having bullies in the workplace. Why they might be bullies? What it does to the victims? Writes of case studies of actual incidents. How to identify bullies and how to resolve issues. A well written book on this subject.

Abigail says

I won this free through Goodreads First Reads.

I liked this book and thought it was well written and researched. I couldn't believe some of the things the author had gone through. You see that kind of stuff from kids, not grown adults. It just goes to show you some people never change. Hopefully with the help of this book, workplace bullying will stop. I recommend!
