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playground. These days, they roam our offices and can be found everywhere from break rooms to boardrooms. They don't steal your lunch money, but they can make your work life a living hell--and even ruin your career. Whether the bully is a boss or a coworker...whether you're the target of manipulation, intimidation, verbal abuse, or deliberate humiliation, "Beating the Workplace Bully "will show you how to fight back. Filled with exercises, assessments, and real-life examples, this empowering guide helps you recognize what's been making you a victim...and reveals how to: Avoid typical bully traps - Remain aware and in charge -Move past your fear - Calm yourself in any confrontation - Keep your dignity intact -Build confidence - Handle sneak attacks -Strengthen your resolve - Understand the steps that your employer or supervisors can take to address the issue - Combat cyberbullying -And more With this practical, personal coaching program in your corner, you can reclaim your power--and defeat the office bully once and for all.

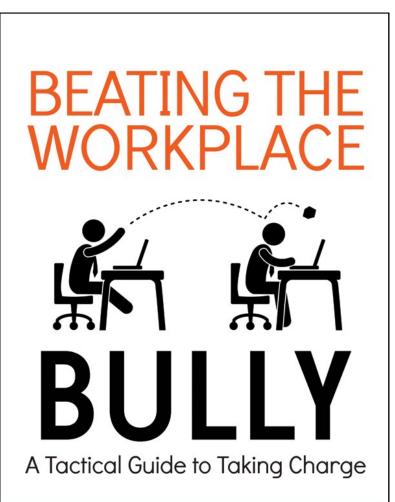
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LYNNE CURRY

Foreword by Gary Namie, Ph.D., Cofounder and Director of the Workplace Bullying Institute



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Dr. Lynne Curry has been exceeding client expectations since 1978 as the President of The Growth Company, Inc., a consulting, training, human resources and organizational strategy firm.

Curry has provided more than 55,000 consulting projects to more than 3,700 organizations worldwide. Her clients attest to her professionalism and results-orientation. In addition to her doctorate, Curry has a Senior Professional in Human Resources certificate.

Curry has authored three other books, <u>Solutions</u>, Managing Equally & Legally (McFarland & Company), and Won By One.