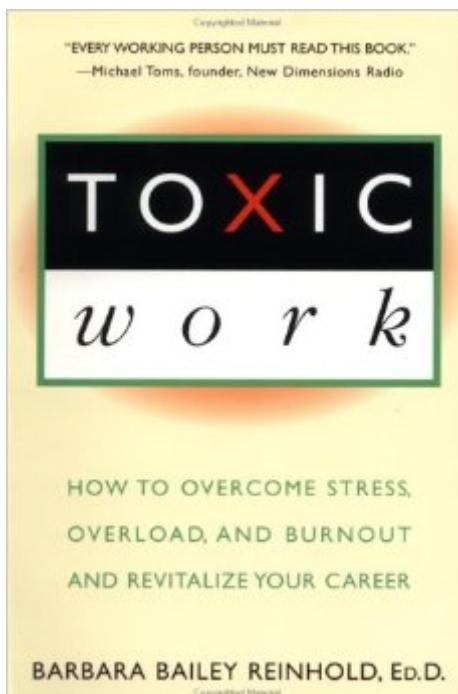


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# Toxic Work: How To Overcome Stress, Overload And Burnout And Revitalize Your Career



## **Synopsis**

For those who feel "stuck" on the job, "Toxic Work" is an inspiring guide to creating opportunity even in the most challenging situations. Positive solutions to "toxic" work environments include dealing with your own behaviors; developing healthy ways to manage difficulties with colleagues and bosses; and analyzing physical energy cycles.

## **Book Information**

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Average Customer Review: 4.0 out of 5 starsÂ  [See all reviewsÂ \(9 customer reviews\)](#)

Best Sellers Rank: #2,413,693 in Books (See Top 100 in Books) #69 inÂ Books > Business & Money > Business Culture > Health & Stress #4909 inÂ Books > Self-Help > Stress Management #6517 inÂ Books > Business & Money > Business Culture > Motivation & Self-Improvement

## **Customer Reviews**

Toxic Work is the first reference book in the career section which has a bibliography worth reading. The book not only does all the work for you by collecting and organizing relevant resources, but provides a wealth of examples. The author doesn't give pat answers, but takes the reader through the problem-solving process. I found the book empowering because it provides the structure and information I needed to generate a successful game plan. I became proactive, and am happily employed at the same job that sent me to the book store looking for an escape.

This book is quite typical of career guides that take the corporate reality as a given and recommend career change (or worse, job hopping) as the solution to abusive work. The reader should checkout [\\_Work Abuse: How to Recognize and Survive It\\_](#) by Judith Wyatt in order to truly survive abusive work that can't be avoided by job hopping---because work abuse is everywhere.

TOXIC WORK is broken down into two sections. The first section is devoted to "Recognizing and Managing Toxic Work" while the second is devoted to "Making Major Changes: Designing a

Nontoxic Life." Overall, the book surveys the major topics of career dissatisfaction with an eye towards recognizing when such dissatisfaction causes physical affects. It does not get very deep into possible solutions. Instead, the author prefers to continually recommend that anything more in-depth requires professional counselling. On the contrary, I kept feeling the book could have gone further and that it stopped just when things were getting juicy. I also felt that it was padded with a lot extra examples. Despite these flaws, I consider it to be a good tool to help anyone who is currently less than satisfied with their career. It covers such a broad range of issues that everyone should be able to come away from it with some positive ideas about what to do next and some new insights about themselves and their career.

This book is full of things I already know. Like my job was killing me. Still it was refreshing to read because it validated my fears of how bad a toxic job is. The plus side of this book is highlighting lots of key points and marking pages with particularly damning and accurate statements about your workplace... Then leaving the Book in public view at your desk for all the other miserable coworkers and supervisors to look through and comment on. Sometimes the toxic workplace needs to be called out for things to change.

Toxic Work is a wonderful resource. I have used the book as a required text for both my graduate level Management Training and Development and Human Resource Management courses. My students, without exception, rave about the content. Dr. Reinhold's humor and insight have provided me and over 100 of my students with a great set of career problem solving tools and a terrific bibliography. I keep hoping that there will be a sequel ... perhaps Toxic Two. Keep them coming.

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