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Autore	Field Evelyn M
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Preface; The secrets of relating; Building your social and emotional resilience at work; Strategy 1: Regulate your feelings; Strategy 2: Understand the reasons; Strategy 3: Revalue and restore your identity; Strategy 4: Use effective communication skills; Strategy 5: Protect and empower yourself; Strategy 6: Use your support network; Conclusion; References; Bibliography
Sommario/riassunto	From the author of the highly successful introduction to workplace bullying 'Bully Blocking at Work', comes a practical guide to empower all employees to care for themselves and colleagues when faced with bullying behaviours. Beginning with an overview of social and emotional resiliency at work, the reader is shown how six key strategies based on the development of social skills can equip them to fight even the most persistent of bullies.