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Nota di contenuto	Contents; Preface; Introduction; What is workplace bullying?; Understanding workplace bullying; Conditions that encourage workplace bullying; The toxic effects of workplace bullying; From target to survivor; Activate your survival instinct; Look after yourself; Bully blocking at work; Beware the medico-legal hazards; Action for organisations; Conclusion: Respect and resilience; Endnotes; About the Author; Acknowledgments; Bibliography
Sommario/riassunto	No one goes to work to be humiliated, abused, ostracised, or assaulted. Yet this is the reality of a working day for more than one in six workers. Bullying causes billions of dollars in lost productivity, expensive mistakes, employee replacement costs, and health and welfare rehabilitation expenses. Most workplaces currently leave the victims to sink or swim, and the bullies to remain professionally incompetent. This book reveals the evil nature of workplace bullying, helping the reader to understand its toxic, destructive impact on targets, bullies or onlookers - and provides advice for copin