



I Hate My Job Handbook

Valerie Frankel

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9:15, MONDAY MORNING: AND THE NIGHTMARE BEGINS...AGAIN!

Does the very mention of your boss's name make your left eye twitch uncontrollably? Does the clock seem to move with the speed of Continental Drift between the hours of 9 to 5? Do your friends and family put their hands over their ears and sing "The Battle Hymn of the Republic" whenever you start to complain about office anger? If you answered yes to any of the above, then you are a charter member of the I-hate-my-job club.

But before you punch yourself out, be assured that there are ways to lower your work-misery index. With the help of two or three (hundred) war-scarred employees and numerous career experts, authors Ellen Tien and Valerie Frankel deliver you from office hell. You'll find practical guidelines and ingenious strategies to lessen the pain and lighten the load, including:

- * How to deal with your fearful leader--the seven most common (not to mention frustrating) managerial types, from "Mr. Right-and-Don't-You-Forget-It" to "Sybil."
- * The smartest ways to play office politics without feeling like a total sleaze--plugging into the grapevine, persuading your colleagues to dish, kissing up without losing your lunch.
- * Quizzes, surveys, and clever ploys for the corporately challenged to get you through the daily grind.
- * A blueprint to engineering your own firing, complete with a tidy severance package and a glowing recommendation letter--no kidding!

Plus true tales of sweet revenge! Just desserts are are right around the corner. . . .

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What do you about book? It is not important with you? Or just adding material when you want something to explain what your own problem? How about your spare time? Or are you busy person? If you don't have spare time to accomplish others business, it is give you a sense of feeling bored faster. And you have free time? What did you do? Every individual has many questions above. The doctor has to answer that question mainly because just their can do this. It said that about book. Book is familiar in each person. Yes, it is right. Because start from on guardería until university need this kind of I Hate My Job Handbook to read.

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Allison Morales:

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