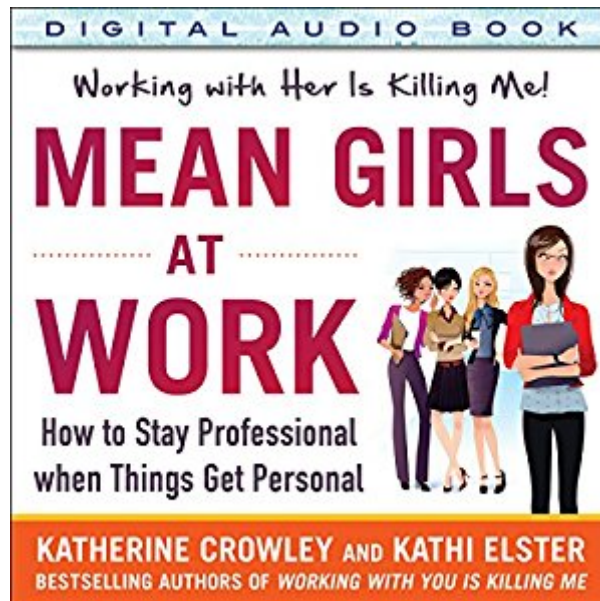


The book was found

# Mean Girls At Work: How To Stay Professional When Things Get Personal



## Synopsis

Do you work with a mean girl? A woman's field guide to the new frontier of professional development - working with other women. Women-to-women relationships in the workplace are - complicated. When they're good, they're great. But when they're bad, they can ruin your day, your week - even your year. Packed with proven advice from two of today's leading experts in workplace relationships, this one-of-a-kind guide gives women the tools they need to navigate difficult situations unique to women-to-women relationships - whether with a boss, a colleague, a client, or an employee. Have you dealt with a woman in the workplace who:"Accidentally" excludes you from important meetings? Seems intent on taking you down professionally? Gossips about you with other coworkers? Makes you look bad by missing deadlines? Forms a "pack" of mean girls to make your life miserable? Mean Girls at Work isn't just about surviving difficult situations. It's about transforming a toxic relationship into one that benefits and supports both of you. This book is also for women who engage in mean behavior - but don't know it. After all, who hasn't gossiped about a female coworker? Who hasn't rolled her eyes in the presence of a woman she doesn't like? Who hasn't scanned another woman head to toe - which is just a nonverbal way of saying, "You've just been judged?" The authors provide invaluable advice to the more subtle ways of being mean - even if they're not intended. With a workforce composed of a higher percentage of women than ever, workplace dynamics have changed. Crowley and Elster cover every conceivable scenario, providing critical advice on how to rise above the fray and move forward professionally. Mean Girls at Work is your map to dodging the mines and moving forward in today's transformed workplace.

## Book Information

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## Customer Reviews

I have recently been working for a mean girl, and this book helps me everyday. I have read it over and over and I gain knowledge and insight every time. This book helps you to work with the women that are just "mean."

With its sharply observed analysis of female behavior, and its very specific suggestions on how to operate when dealing with difficult women, this book is essential for any woman in the workplace. What I particularly like about this book is its description of a range of behaviors from the meanest to the least offensive. It gives you detailed ways to shield yourself against a mean girl attack and to maintain an objective viewpoint. I wish I had this book several years ago when I was dealing with a very rude mean girl: I would have been less upset. Thank you Kathi and Katherine!

"Mean Girls" is a book, for both men and women, who work with women who are what society might consider the "Office Bitch." They generally are snarky, gossipy, unfocused, blame-game type women who would rather stab you in the back versus working as a team to get ahead. While these offenses can range from mild to "How did you get this job?" this book will walk you through dealing and coping with these women in the workplace. Both Crowley and Elster bring to the table the best and worst of both their professional worlds in psychotherapy and executive and management coaching providing real valid answers, guidance, suggestions, coping mechanisms, and an extra resource I feel is vital to any HR department. Having worked with and known dozens of women like this in the past and present, it was refreshing to know I am not alone in my feelings and that there truly are women out there that have bona fide issues that affect us all in and out of the workplace. While the thoughts that run through our heads of what we would like to do to these "mean girls" obviously is best kept a thought, the answers provided in this book are a major step forward for all relationships. I give this book 5-stars and can't emphasize how valuable of a resource tool "Mean Girls at Work" would be for all women, business owners, management, and HR.

I think this book is an important book for all women to read. While it may be an easy read in length, the content can definitely get a little "in your face" at times, but in a good way. In addition to learning how to deal with women in my life who I've had a hard time understanding, I also took take my own inventory on my behavior a few times. Kathi and Katherine's advice was very helpful, even if times I

wanted to take the lower road after reading one of their many stories (which I heard are all accurate...unbelievable how some women behave!!!) of what some women have had to deal with at work. Even though I am self-employed and don't work in a traditional work environment, I still gleaned a tremendous information on how to deal with difficult women in one-to-one relationships!

Katherine Crowley and Kathi Elster, authors of *Mean Girls At Work*, address a very thorny topic about mean women in the workplace. Women work well together and must be aware of what the authors call the "dark side of woman-to-woman relationships" in order to take steps to handle other women's mean behavior and look at and correct their own mean behavior. Women have worked together for equal rights in the workplace and are positioned to benefit. This is an important next step and women must continue to support one another and work together, not undermine each other. The authors address real issues that are not discussed publicly. It is a timely and necessary discussion to have. This book offers guidelines and strategies for a range of situations. Crowley and Elster gracefully handle a sensitive and delicate topic. This is a wonderful book written by authors with experienced insight into workplace relationships and human psychology.

The book is well written but it was short and repetitive. I think it is probably better for younger women entering the workforce. For those of us who've been around the block this book is overly simplistic.

Very repetitive. All her advices were based on the old "kill them with kindness" and "turn the other cheek" saying. That is all good, but I was left with the feeling that all you can accomplish with those approaches is to validate the bad behavior of the mean girl in your life. What is going to stop her from thinking that she can treat you however she wants and get away with it??????????????

Katherine and Kathi illuminate the complicated dynamics between women at work in their thought provoking new book *Mean Girls at Work: How to Stay Professional When Things Get Personal*. I highly recommend this book for everyone (Women and men alike) who is interested in improving their working relationships. Developing the skills and experience to do well in your career is one thing - being able to navigate the emotional minefields described in Kathi and Katherine's insightful scenarios, is quite another. Those of us with years in the workforce know the uncomfortable truth that tricky relationships at work can suck the joy out of showing up for work and at worst can derail a career. The book guides the reader through these scenarios with insight and humor and offers

strategic steps to calm and defuse the situation. Importantly, the "Coffee breaks" deconstruct the psychological dynamics. I found they helped me to recognize my own part in these relationships. The book challenged me to rethink how to create necessary boundaries with intrusive co-workers and clients. Keeping your eye on the prize and not wasting crucial time and energy on unnecessary drama is often hard to accomplish. Katherine and Kathy give concrete advice to help develop clarity and perspective in highly emotional territory. Their guidance comes from a supportive, understanding and savvy place and reads as a powerful form of mentorship.

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