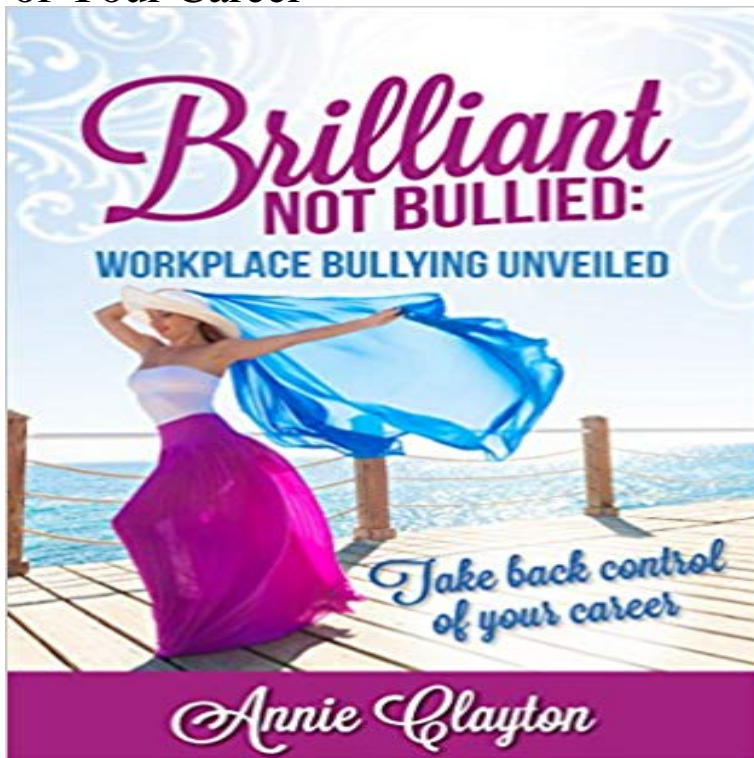


Brilliant Not Bullied: Workplace Bullying Unveiled: Take Back Control of Your Career



Do you feel lost and confused about what is happening to you at work? Are you wondering why feel so anxious about a job that you used to really enjoy? Are you fed up with feeling tense, tired, trapped and stressed at work? Have you witnessed or experienced some form of harassment or bullying in the workplace? Are you stuck in a negative workplace or job and are anxious about what to do next? Is your health suffering, through constant worry, insomnia, or recurring nausea even when you just think about your workplace? Do you find yourself frequently saying I hate my job! and lack the energy to make a career or job change? Do you feel burnt out or are you at the risk of burning out? Don't wait until you reach breaking point before you take action! Research shows that recovering from a toxic job/boss/work situation can take up to two years.. Brilliant Not Bullied was written for the targets of bullies and those who feel trapped in a toxic work environment. Does that sound like you? Brilliant Not Bullied can help you to take back control of your career, and your happiness. Brilliant Not Bullied can help you to: ~ Understand workplace bullying ~ Become more aligned with what you really want ~ Help you to make positive decisions about your future ~ Rediscover your own unique brilliance ~ Feel energized to move in the right direction, for you. Based on personal experiences and observations spanning a 35+ year career, Annie has worked as an employee, manager, contractor, and consultant in over 40 organisations. She has experienced great bosses and supportive colleagues, and sadly like many people, bullies and bad bosses too. A life-long learner who is passionate about the behaviour of individuals and organizational culture, Annie has studied personnel management, human resources management, psychology and adult education in Australia and New Zealand.

There are too few books on this serious problem that adversely affects millions of people every day. Considering the magnitude of bullying in the workplace, there is limited research and practical advice available for those affected by it, and even less information on how to move forward after being bullied. If you are in a toxic job or workplace, you are not alone. Brilliant Not Bullied is packed full of advice for how to move forward, heal and start living the life you really want. What people are saying about Brilliant Not Bullied: I am so pleased you have written this book I feel quite inspired and validated for leaving my job. ~ Isabella Joll PhD From start to finish, this book captured my interest. If you are being bullied or been bullied, or even just working in a toxic work place - if you want to make a change and dont know how to move forward in your life, then this book is a must read. With tons of practical advice, it will help set you on the right path. It helps clarify some of the reasons why bullies bully, but the most important reinforcement throughout the book is, it is not your fault. It doesnt stop there though - it goes on to help you figure out what is important in your life, it reminds you to think of your values, and what you want to be doing every day. It reminds you to let that define you - not your experience with a bully. Reading this book may well just be the best thing you ever do for your career.... and your life! ~ Taryn Samson

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