



Rising Above a Toxic Workplace: Taking Care of Yourself in an Unhealthy Environment

Gary D Chapman, Paul E. White

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Learn how to thrive in—or escape from—a toxic work environment.

Toxic organizations are rife with conflict, fear, and anger. The environment causes people to have physiological responses as if they're in a fight-or-flight situation. Healthy people become ill. Colds, flu and stress-related illnesses such as heart attacks are more common. By contrast, in resonant organizations, people take fewer sick days and turnover is low. People smile, make jokes, talk openly and help one another." - Annie McKee (author, consultant)

Many employees experience the reality of bullying bosses, poisonous people, and soul-crushing cultures on a daily basis. *Rising Above a Toxic Workplace* tells authentic stories from today's workers who share how they cope, change, or quit. Candidly they open up about what they learned, what they wish they had done, and how to gain resilience.

Insightfully illustrating from these accounts, authors Gary Chapman, Paul White, and Harold Myra blend their combined experiences in ministry and business to deliver hope and practical guidance to those who find themselves in an unhealthy work environment.

Includes a Survival Guide and Toolkit full of strategies and realistic insights

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