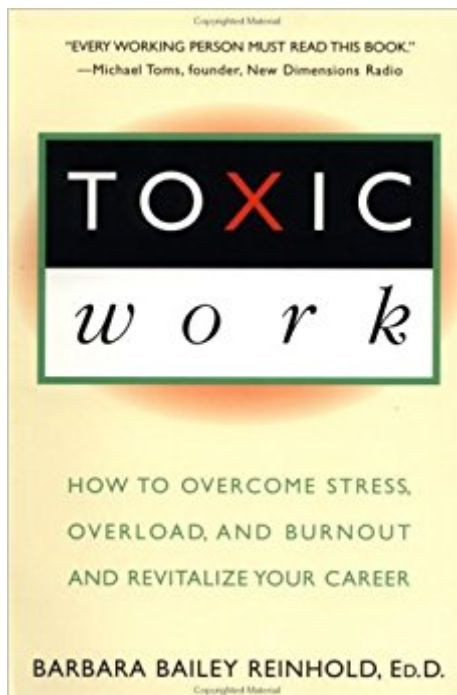




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# Toxic Work: How To Overcome Stress, Overload And Burnout And Revitalize Your Career



## Synopsis

For those who feel "stuck" on the job, "Toxic Work" is an inspiring guide to creating opportunity even in the most challenging situations. Positive solutions to "toxic" work environments include dealing with your own behaviors; developing healthy ways to manage difficulties with colleagues and bosses; and analyzing physical energy cycles.

## Book Information

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## Customer Reviews

Could the dramatic changes and burdensome responsibilities common to the business world these days literally be making you sick? Barbara Bailey Reinhold, director of career development and adjunct professor of psychology at Smith College, believes factors ranging from ever-escalating workloads to the constant threat of downsizing may actually be poisoning employment environments and causing us to fall ill. In *Toxic Work: How to Overcome Stress, Overload, and Burnout and Revitalize Your Career*, she cites examples of those who have "detoxified" their workplaces in order to help readers make their own 9-to-5 lives healthier and more productive.

This book is full of things I already know. Like my job was killing me. Still it was refreshing to read because it validated my fears of how bad a toxic job is. The plus side of this book is highlighting lots of key points and marking pages with particularly damning and accurate statements about your workplace... Then leaving the Book in public view at your desk for all the other miserable coworkers and supervisors to look through and comment on. Sometimes the toxic workplace needs to be

called out for things to change.

This book was just what I needed to read to re-orient my perspective about my current job situation. I think it will be helpful for a lot of people in this day and age of "If you still have your job, be grateful, get paid less and work harder". With that kind of pressure, I really needed a guide to help me see more clearly and elevate my morale.

En febrero del 2000 Toxic Work cayó milagrosamente en mis manos en el momento justo, cuando mi vida profesional como ingeniero en sistemas estaba provocándome problemas graves de salud. Gracias a Barbara y su libro pude tomar distancia y rediseñar mi vida profesional, familiar y personal. Pude crear un plan de acción para lograr alejarme de mi anterior profesión y re-crear mi existencia como instructor de buceo primero y propietario de un centro de buceo en una ciudad mediterránea, a más de 1000 kilómetros del mar más cercano. Y eso en el tiempo que Barbara garantizaba en su libro, 18 meses. El capítulo dedicado a diseñar un nuevo trabajo "Career Wish List Exercise" me resultó especialmente práctico, y gracias a lo sencillo del método pude armar una empresa totalmente nueva e inexistente hasta el momento en mi país, Argentina. Desde entonces he difundido e inspirado a mucha gente a animarse a tomar las riendas de sus vidas y re-nacer profesionalmente. Gracias Barbara

TOXIC WORK is broken down into two sections. The first section is devoted to "Recognizing and Managing Toxic Work" while the second is devoted to "Making Major Changes: Designing a Nontoxic Life." Overall, the book surveys the major topics of career dissatisfaction with an eye towards recognizing when such dissatisfaction causes physical affects. It does not get very deep into possible solutions. Instead, the author prefers to continually recommend that anything more in-depth requires professional counselling. On the contrary, I kept feeling the book could have gone further and that it stopped just when things were getting juicy. I also felt that it was padded with a lot extra examples. Despite these flaws, I consider it to be a good tool to help anyone who is currently less than satisfied with their career. It covers such a broad range of issues that everyone should be able to come away from it with some positive ideas about what to do next and some new insights about themselves and their career.

The Author definitely has a deep understanding of the negative effects that work can have on your

health. I particularly liked the idea of thinking of your career as a collage rather than a photo (i.e., designing a composite career). I was distracted by all the feminist references. For example, "Bobbie" feels she has disappointed her family because they expected a boy. The Author explains that women are treated like second class citizens despite being "better students and more productive employees than men" and that women have been told all their lives that they are "less valued and valuable than their brothers". The book also tells the sad tale of "Marianne", a closeted lesbian, and her "homophobic VP". All of that may be true, but it doesn't relate to the topic of overcoming burnout and revitalizing your career. The book was useful, but would have been better if the Author had stayed on-topic.

Toxic Work is the first reference book in the career section which has a bibliography worth reading. The book not only does all the work for you by collecting and organizing relevant resources, but provides a wealth of examples. The author doesn't give pat answers, but takes the reader through the problem-solving process. I found the book empowering because it provides the structure and information I needed to generate a successful game plan. I became proactive, and am happily employed at the same job that sent me to the book store looking for an escape.

Toxic Work is a wonderful resource. I have used the book as a required text for both my graduate level Management Training and Development and Human Resource Management courses. My students, without exception, rave about the content. Dr. Reinhold's humor and insight have provided me and over 100 of my students with a great set of career problem solving tools and a terrific bibliography. I keep hoping that there will be a sequel ... perhaps Toxic Two. Keep them coming.

This book is quite typical of career guides that take the corporate reality as a given and recommend career change (or worse, job hopping) as the solution to abusive work. The reader should check out Work Abuse: How to Recognize and Survive It by Judith Wyatt in order to truly survive abusive work that can't be avoided by job hopping---because work abuse is everywhere.

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Reclaiming the Fire: How Successful People Overcome Burnout  
Career Burnout: Causes and Cures  
Toxic Relationships: A Step-by-Step Guide With Tactics And Conversation Skills Around Difficult People  
With Toxic Personalities (Empath Survival, Healing Guide And Social Skills Improve Book 2)

Dispatcher Stress: 50 Lessons on Beating the Burnout (Get The Nerve) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Career Information, Career Counseling, and Career Development (9th Edition) Career Information, Career Counseling, and Career Development (10th Edition) (Merrill Counseling (Hardcover)) Career Information, Career Counseling, and Career Development (10th Edition) (Merrill Counseling) Career Information, Career Counseling, and Career Development (7th Edition) Difficult Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship) Overcome Relationship Repetition Syndrome: Why We Continually Repeat Toxic Relationship Patterns Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Understand and Overcome Gambling Addiction (Understand & Overcome) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) The New Generation Breast Cancer Book: How to Navigate Your Diagnosis and Treatment Options-and Remain Optimistic-in an Age of Information Overload Bicycling Maximum Overload for Cyclists: A Radical Strength-Based Program for Improved Speed and Endurance in Half the Time

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