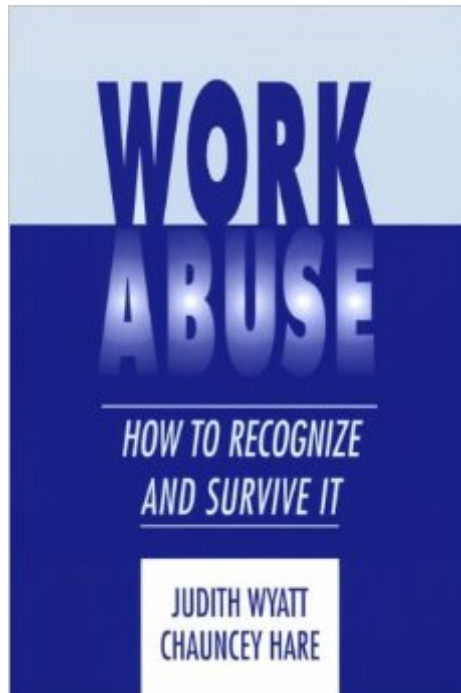


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# Work Abuse: How To Recognize It And Survive It



## Synopsis

Tens of thousands of people hate their jobs, merely enduring them a day at a time. For many, the true problem is an abusive work environment: one that disempowers people and destroys self-esteem. Work abuse is the dehumanizing of people through patterned ways of interacting at work.

## Book Information

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## Customer Reviews

Wyatt and Hare are doing for work abuse what Anita Hill did for sexual abuse. After suffering four years of chronic scapegoating and three years of subsequent post-traumatic stress disorder, "Work Abuse" finally afforded me the luxury of crying from relief. Though my professional career is over now, I can take deep comfort in knowing that what happened to me was very real and very much denied by everyone concerned. Americans are indeed being brutalized in the workforce; we blame ourselves. But this abuse can be recognized and dealt with, thereby sparing careers, lives, families, and even the abusive institutions and organizations that traumatize us. We owe much gratitude to Judith Wyatt and Chauncey Hare for their profound introduction to the dialogue on this issue of work abuse. Let the healing begin.

Work Abuse is the book those of us toiling in abusiveworkplaces havebeen looking for. In clear concise language, the book offers real and positive means to survive while working to reduce abuse in workplaces. It is an essential tool kit for Union leaders and others who have seen the devastation of work abuse. The solutions offered do not cause further harm to the individuals caught up in this

situation. I have used the methods in the book and have provided it to many others. The universal response is delight at finally finding a way to survive and grow despite an abusive work situation. I recommend it highly.

I am reading, for the second time, **WORK ABUSE - HOW TO RECOGNIZE AND SURVIVE IT** by Judith Wyatt and Chauncey Hare. Work abuse is a very unpopular subject and is at least equally as widespread as is spousal abuse and/or child abuse. It is the best hidden of any abuse inflicted by one person upon another. Work abuse replicates child abuse in that the abused is scapegoated, trapped and alone without help from either inside or outside the system. Work stress is simply a euphemism for "work abuse," that hampers job quality and production as well as cripples, disables, and destroys the quality of life for millions every day and has been rampant in our society for many years. Work abuse disempowers, dehumanizes and destroys self-esteem through systematic denial that the abuse is happening. More often than not, work abuse affects an entire organization. Society as a whole tends to reinforce work abuse and place the blame on the traumatized victims. Human resource offices (another euphemism for personnel offices) seem likely places for victims to find support. Human resource departments strictly protect the organization. Millions of people enter the workplace every Monday saying, "is it Friday yet;" on Friday, millions more say, "thank God it's Friday." Others frequently sigh and struggle just to get inside the buildings and refer to their situations as "burn-out" and "work stress," when realistically for most of those people, the true problem is an abusive work environment. This book explains how and why work abuse happens. It offers an understandable plan for healing, and includes in-depth case studies, exercises, and worksheets to guide the reader. This book is a must read for everyone who is now employed, has been employed, or ever plans to be employed. Flora Stringerfnstringer@kriicket.net

At this time I am only 1/3 of the way through it. I equate it to reading Monday's horoscope on Thursday. There is so much in this book that I see at my job that it is sickening. I literally sit in the parking lot reading the serenity prayer before I get out of my car. I am looking forward to getting to the "surviving it" part. My Employee Assistance Program counselor states it this way: "You know it's going to be cold outside so you put on your boots, jacket, hat and gloves. Same thing when you go to work. You know what it's going to be like so put on your mental and emotional boots, jacket, hat, and gloves".

This book was a life-saver for me as I worked through issues of bullying in my workplace. I would

recommend it to anyone who has been bullied (or currently being bullied) at work. Judith and Chauncey offer an excellent understanding of the "workplace reality" and why you have been chosen to "not fit" based on that "reality". This book is an excellent tool to walk you through the "craziness" of workplace abuse and into healing.

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