

Office Politics

Psychopath

Narcissist

Machiavel



**How to thrive in a world of
lying, backstabbing and dirty tricks**

OLIVER JAMES

Office Politics Oliver James

Richard Wills



Office Politics Oliver James:

Office Politics Oliver James, 2013-02-07 A fascinating exposé of office culture in the style of the bestselling *Affluenza* from popular psychologist Oliver James. The modern working world is a dangerous place where game playing, duplicity and sheer malevolence are rife. Do talent and hard work count for nothing? Is politics everything? In this fascinating exposé, Oliver James reveals the murky underside of modern office life. With cutting edge research and eye opening interviews, he highlights the nasty practices that propel people to the top and shows how industries and cultures are fostering this behaviour. He then divulges strategies and techniques for not only surviving but thriving in these difficult environments. With the right mindset, you can distinguish and deal with toxic and overpromoted colleagues, charm your way through interviews and use office politics to your advantage. *Office Politics* will overthrow your perceptions of office life and set you on a new path to success. Oliver James trained and practised as a child clinical psychologist and since 1988 has worked as a writer, journalist and television documentary producer and presenter. His books include *Juvenile Violence* in a Winner Loser Culture, the bestselling *They F You Up Affluenza* and *Contented Dementia*. He is a trustee of two children's charities, the National Family and Parenting Institute and Homestart.

[Applying the Lessons of UK National Politics to Everyday Office Life](#) Richard Wills, 2019-03-12 This book engagingly presents an intriguing account of many of the principles of UK government politics and how these have an important bearing on everyday office life as experienced by the working population. Here is a fascinating account of the findings of two former Cabinet ministers, Lords Blunkett and Baker, who were interviewed by the author. Oral testimony allows the reader to learn about the perspectives of political power brokers and provides data and insight not always apparent or revealed from historical records and archive material. The overriding aim is to analyse the nature of politicking in central government and to apply the techniques and lessons of national politics to everyday office life. The book offers a political framework giving behavioural pointers to assist those who face challenging circumstances that could impinge on their well being and business efficiency in the workplace. A back to basics methodology is advised, touching on a range of techniques including, for example, that gossip is an effective way of getting back at someone. This touches upon Blunkett's assertion that Michael Gove MP is a zealot and a politician having an ideological obsession. *Applying the Lessons* refers moreover to cases calling for bargaining and negotiation, also a part of the life of the whips in Parliament and an essential tool for office business. As a seasoned historian and political analyst, Richard Willis revealingly unravels the nature of political power and control and shows how Margaret Thatcher and Tony Blair initially supposedly gave Baker and Blunkett considerable scope in introducing reform. He goes on to explain how the two peers give their critique on policy making against a background which is of definite benefit to office managers and supervisors, executive assistants, PAs, administrators and administrative administration assistants.

Tackle Office Nightmares Bloomsbury Publishing, 2023-04-13 A clear guide that offers solutions and advice on a wide range of contemporary issues from how to defuse tense situations to where

to turn if you think you are being discriminated against to stepping in to help others While we d all like a quiet life there are some workplace situations that can t be ignored Both virtually and in offices bullying and discrimination remain problems for many organizations and their employees At the same time key customers can be ever more demanding won t take no for an answer and aren t afraid to tell you so Tackle Office Nightmares offers solutions and step by step advice to navigating these issues and maintaining a harmonious working environment It features step by step guidance top tips common mistakes and advice on how to avoid them summaries of key points and lists of handy books and weblinks **Mindful Co-Working** Clark Baim,2013-11-21 Do you worry that you aren t making the most of your co working relationships Most of us work with others every day and it s important these relationships run smoothly Mindful co working removes the pressure and stress from working relationships by helping workers become more attuned to their colleagues Empathie Roman Krznaric,2014-09-10 De mens is in essentie een empathisch wezen Empathie verbetert de kwaliteit van ons leven Volgens Roman Krznaric hoort empathie nu eenmaal bij mensen Sterker nog het verbetert onze kwaliteit van leven En is empathie de motor achter sociale verandering Krznaric onderzoekt in zijn nieuwe boek Empathie hoe de hoog empathische mens in elkaar zit en hoe we zo iemand kunnen worden Hiervoor sprak hij met acteurs activisten vormgevers undercoverjournalisten verpleegkundigen bankiers en neurowetenschappers Roman Krznaric is mede oprichter van de School of life *Tips for the Dark Art of Manipulation* P. T. Elliott,2023-06-06 Take control of your life and of the people in your way a scathingly satirical parody of business and career self help books Can you be manipulative or reckless Do you occasionally experience a lack of guilt or empathy Can you be impulsive lack responsibility and feel a need for excitement Well these traits are the hallmarks of the sociopath inside you and it s time to embrace it The time to unleash your inner sociopath has never been more right just look at today s world leaders and most popular personalities Shoot up the promotional ladder and become the predator at the top of the corporate food chain with Tips for the Dark Art of Manipulation Find the perfect job for the sociopath in you fabricate your resume to perfection and manufacture the perfect first impression to ace those interviews Prey on the biases and manipulate the psychology of your coworkers to break them down Engineer conflict manipulate the flow of attention and seize power for yourself Play the office party to perfection Learn how to fake naturalness make the right allies and take down your enemies And take it all the way to the bank A scathing tongue in cheek take on the self help industry and our world today featuring cameos by Dostoyevsky Plato Robert Greene Malcolm Gladwell and many others Tips for the Dark Art of Manipulation is the practical satire we need *Understanding and Dealing with Controlling, Intimidating and Manipulative Personalities* Martin J. Smith,2024 This book will examine at individuals who control intimate and manipulate in work home family and social environments using robust Psychological theory to comprehend and successfully tackle those who exhibit these behaviours The focus of this book will be to look at general Personality theory together with more specific focus on the Dark Triad of personality traits and from the Five Factor Model the domain of Agreeableness vs Antagonism This approach

will build a greater understanding of a much broader form of controlling intimidating and manipulative personality type The book will include both useable techniques as well as self reflection exercises the reader can use or pass on to students clients and service users This book is based on a programme the author has been teaching for over twelve years to a range of audiences across a variety of roles and has also been highlighted frequently in the press over the past decade Martin J Smith is a Senior Lecturer in the social sciences at Nottingham Trent University UK and an independent training consultant He specialises in extreme difficult behaviour and personality issues which go well beyond simply awkward and often highly controlling intimidating and manipulative He has over thirty years training experience in communication interpersonal skills and conflict management He is also a psychotherapist specialising in the treatment of anxiety depression stress phobias and post traumatic stress disorders with over 23 years clinical experience

Psychology, Emotion and Intuition in Work Relationships Henry Brown,Neil Dawson,Brenda McHugh,2018-03-05 Psychology Emotion and Intuition in Work Relationships The Head Heart and Gut Professional highlights the increasing importance of human relations in professional life In modern society all those who work with or provide services to others are increasingly called upon to be not just technical experts but also head heart and gut professionals who can work and relate to others with their head heart and gut The book explains and synthesises these elements in an accessible way based on a sound theoretical perspective combined with practical guidance The authors address how to manage client expectations how to deal with risk uncertainty and imperfection as well as how to improve communication and interpersonal skills Attention is also given to the central role of empathy and rapport in professional relationships while recognising the need for proper professional boundaries Psychology Emotion and Intuition in Work Relationships will be a valuable guide for all modern practising and training professionals in a broad range of fields including mental health law social and healthcare teaching and academia technology financial and other services indeed for anyone who provides services and has working relationships of any kind

Staying Sane in Business Chris Welford,Jackie Sykes,2015-03-30 Practical accessible authoritative this book does exactly what it says on the cover it helps the reader to keep their sanity to succeed at work and to enjoy the whole process Written by two professionals in psychology coaching and psychotherapy with a long and distinguished background in leadership training Staying Sane in Business starts from the premise that sanity is simply being happy fulfilled and productive The authors know that people in business are always short of time and sometimes short of patience so this book goes straight to the heart of the matter with clear explanations helpful exercises and invaluable tips at the end of every chapter

Passing Judgment: Praise and Blame in Everyday Life Terri Apter,2018-01-09 Terri Apter reveals how everyday judgments impact our relationships and how praise blame and shame shape our sense of self Do you know that praise is essential to the growth of a healthy brain That experiences of praise and blame affect how long we live That the conscious and unconscious judgments we engage in every day began as a crucial survival technique Do you think people shouldn t be judgmental But how judgmental are you

and how does this impact your relationships Keenly perceptive The Atlantic psychologist and writer Terri Apter reveals how everyday judgments impact our relationships and how praise blame and shame shape our sense of self Our obsession with praise and blame begins soon after birth Totally dependent on others rapidly we learn to value praise and to fear the consequences of blame Despite outgrowing an infant s dependence we continue to monitor others judgments of us and we ourselves develop what relational psychologist Terri Apter calls a judgment meter which constantly scans people and our interactions with them and registers a positive or negative opinion In Passing Judgment Apter reveals how interactions between parents and children within couples and among friends and colleagues are permeated with praise and blame that range far beyond specific compliments and accusations Drawing on three decades of research Apter gives us the tools to learn about our personal needs goals and values to manage our biases to tolerate others views and to make sense of our most powerful and often confusing responses to ourselves and to others

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