



# Mean Girls at Work: How to Stay Professional When Things Get Personal

*Katherine Crowley, Kathi Elster*

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**Mean Girls at Work: How to Stay Professional When Things Get Personal** Katherine Crowley, Kathi Elster

**One of the *New York Post*'s Top 10 Career Books of 2012 and a Booklist Top 10 Business Book**

## **DO YOU WORK WITH A MEAN GIRL?**

*A woman's field guide to the new frontier of professional development?working with other women*

Women-to-women relationships in the workplace are . . . complicated. When they're good, they're great. But when they're bad, they can ruin your day, your week?even your year.

Packed with proven advice from two of today's leading experts in workplace relationships, this one-of-a-kind guide gives women the tools they need to navigate difficult situations unique to women-to-women relationships?whether with a boss, a colleague, a client, or an employee.

Have you dealt with a woman in the workplace who:

- “Accidentally” excludes you from important meetings?
- Seems intent on taking you down professionally?
- Gossips about you with other coworkers?
- Makes you look bad by missing deadlines?
- Forms a “pack” of mean girls to make your life miserable?

*Mean Girls at Work* isn't just about surviving difficult situations. It's about transforming a toxic relationship into one that benefits and supports both of you.

This book is also for women who engage in mean behavior . . . but don't know it. After all, who *hasn't* gossiped about a female coworker? Who *hasn't* rolled her eyes in the presence of a woman she doesn't like? Who *hasn't* scanned another woman head to toe?which is just a nonverbal way of saying, “You've just been judged”? The authors provide invaluable advice to the more subtle ways of being mean?even if they're not intended.

With a workforce composed of a higher percentage of women than ever, workplace dynamics have changed. Crowley and Elster cover every conceivable scenario, providing critical advice on how to rise above the fray and move forward professionally.

*Mean Girls at Work* is your map to dodging the mines and moving forward in today's transformed workplace.

## **Praise for *Mean Girls at Work***

“An invaluable suit of armor for surviving nine to five!”

?Leil Lowndes, bestselling author of *How to Talk to Anyone*

“If you think the emotional cruelty of comedies like *Mean Girls* and *Heathers* doesn’t exist in the real world workplace, think again. In *Mean Girls at Work*, Katherine Crowley and Kathi Elster valuably chronicle female vs. female predators and offer solid defensive strategies.”

**?Ann Kreamer, author of *It’s Always Personal: Navigating Emotion in the New Workplace***

“Whether you are in your twenties and just starting your professional career, your midcareer forties, when you are supposed to have figured it out already, or a woman in her fifties or sixties who’s seen it all?this book is a must-read. . . . The authors have finally given women the tools and the sound advice necessary to deal with . . . conflicts that keep us all from succeeding. . . . Carry this book with you to work every day!”

**?Carolyn Cassin, President, Michigan Women’s Foundation**

“A must-read for women of all ages in today’s workforce. This book offers what we all need to develop the capacities to endure this ever-changing workplace. We know it is all about relationships and you need the skills outlined in this book to survive and thrive when the Mean Girls attack.”

**?Kim Harrington, Coordinator, Professional Development and Training, Office of Human Resources, California State University, Sacramento**

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#### **Eleanor Landa:**

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#### **Lois Yale:**

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#### **Ashley Downs:**

Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the publication untitled Mean Girls at Work: How to Stay Professional When Things Get Personal can be good book to read. May be it might be best activity to you.

#### **Diane Numbers:**

Reading a book to become new life style in this calendar year; every people loves to examine a book. When you read a book you can get a lot of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what sorts of book that you have read. If you need to get information about your review, you can read education books, but if you want to entertain yourself you are able to a fiction books, this kind of us novel, comics, as well as soon. The Mean Girls at Work: How to Stay Professional When Things Get Personal offer you a new

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