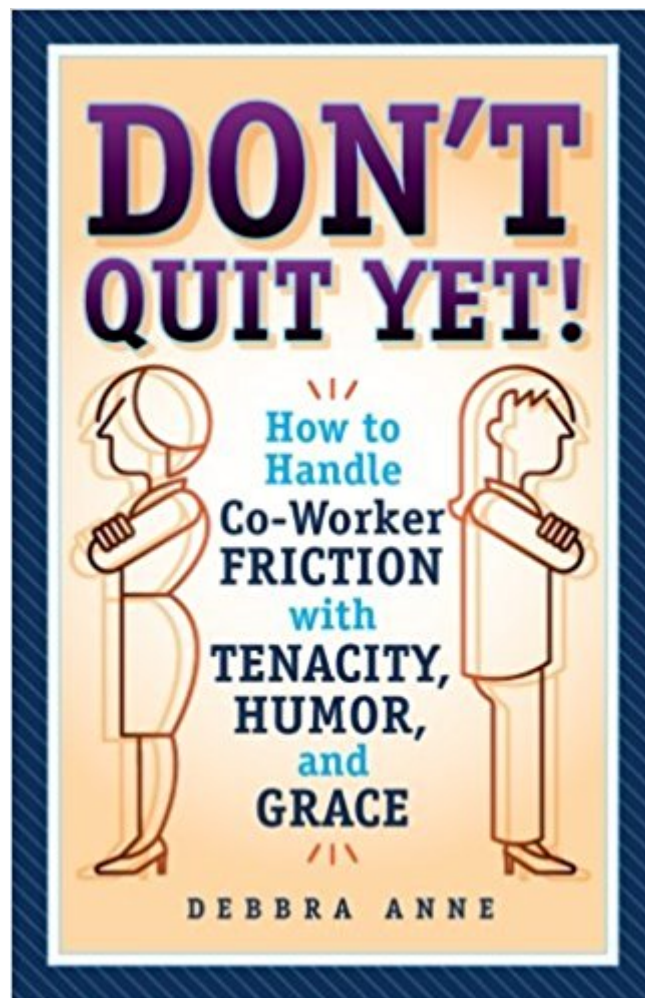




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# Don't Quit Yet! How To Handle Co-Worker Friction With Tenacity, Humor, And Grace



## Synopsis

Packed with powerful insights, tools, and practices, this book is a potent resource for both Human Resource Professionals & employees! Common Causes of Co-worker Friction:

1. Gossiping
2. Know-it-alls
3. Interrupting
4. Email challenged
5. The Harrasser
6. Poor Web Surfer
7. Procrastinator
8. Space Invader
9. Family & Business Mixup
10. Quitter and Stayer

## Book Information

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## Customer Reviews

"This book provides great advice for anyone who is looking to find joy in their work life by helping to see things through a different set of lenses. A great read for Human Resource professionals, too!" ~Linda Skoglund, President of J.A. Counter

"I wish I had read this book when I was trying to work through many uncomfortable situations in my career! Don't Quit Yet! provides a positive message for employees to rise to their greatest potential in dealing with each other. Following the good advice in this book is sure to make life better for you and your work partners." ~Meg Blaine Corrigan, Retired College Counselor/ Social Worker and Speaker, Trainer, and Author

THAT'S IT! I QUIT. That was the thought I had, rational or not, after being annoyed with my co-workers for the millionth time. Strike that. For the last time. Don't walk out the door, I told myself. Run as fast as you can somewhere--anywhere - as long as it wasn't where I was standing right now. My co-workers had almost pushed me over the edge, and I wanted out. No amount of talking through the political drama, no pay raise, no office-space shuffle would suffice

anymore. Enough was enough. I was on to a better job where well-behaved employees would work in peace and harmony. I have to admit, deciding to quit my job that day was one of the most freeing moments of my life. I hadn't actually given my notice yet, but I took a break and walked out into the sunshine with a smile on my face. There was a certain peacefulness that followed, as if a dark cloud had been cleared away, and I was finally free to start my life over as I wished. Was it asking too much to work with adults who wanted to interact with the human population in a positive, team-like manner? And what gave my co-workers the right to belittle people, whispering behind their backs but smiling to their faces? Work wasn't supposed to crush the human spirit. It was supposed to be a place where people enjoyed their jobs and learned skills useful to the world. And if they didn't find a job they were passionate about, at least they should enjoy the people they worked alongside. I decided it was not acceptable to allow co-workers to treat each other poorly. Sure, we live in a free country with free speech, but that's no excuse to indulge in unethical conduct. With freedom comes an unwritten precept of responsibility. Yes, occasional flare-ups of annoying behavior can probably be dealt with, but if done on a continual basis, they soon lead to being perceived as a bully. And what happens when the boss or the human resources manager turn their heads from a sticky situation when dealing with a difficult co-worker? It leaves victims in a precarious position, often feeling and beaten down and without good options. Worse yet, workers who are unable to vacate a job because of a flat economy or lack of employment alternatives, could decide to "quit and stay." I now understood the deep emotional turmoil that plays in the minds of trapped workers. Where could I go to get away from these people? The resounding answer came from within. Nowhere, that quiet, knowing voice answered. You have to live with them. Just as they have to live with you. Then an idea started to solidify. What if there was a way to deal with difficult situations that fostered the work relationship rather than tearing it down? A way to create coping mechanisms that allow employees to feel happier in their environment, regardless of the chaos going on around them? I decided it was worth investigating. What did I have to lose, other than the job I was on the verge of quitting anyway? Suddenly, I felt a lightness in my step, as if a great weight had been lifted from my body, making way for a stream of higher consciousness. I sensed that my mission had been revealed in my hour of darkness. Solving this problem could indeed heal "broken" workers. But it could also heal my own dark night of soul as I struggled to find fulfilling work, enjoy my journey with fellow co-workers, and make it all a meaningful experience. In that moment, I decided I wouldn't quit yet. Instead, I'd set out to find my truth and understand how we can work together, or at least get along, in the workplace. I wanted to know how to deal with the pressures that everyone

experiences and do it in a way that is life-changing, in a positive way, rather than quitting my job and discovering the same problem in a new setting, again and again. I wanted to know how to stay out of the human resources manager's office and feel empowered to make changes myself, within myself. I wanted to experience an internal attitude adjustment that would resolve a problem in progress, or perhaps dissolve it before it even had a chance to crystalize and turn ugly. And so I wrote this book!

The title "Don't Quit Yet!" really caught my eye. I knew this was a book I wanted to read and I wasn't disappointed. Time is an issue so I was looking for a book that would be a quick read, got to the point of an issue, and included strategies on how to deal with situations. Debbra Anne succeeded my expectations in this book. "Don't Quit Yet!" has a wealth of information. Each chapter has a specific focus with real life examples, a quote from a book or article that is specific to the chapter's focus and a summary of "Three Tips" at the end of each chapter. There were times I found myself reflecting on my own behaviors and realizing I too needed to make some changes. This book is thought provoking and includes helpful suggestions to maintaining a healthy workplace environment. Thank you Debbra Anne!

This book had me at hello! I loved the title - it is so appropriate to think we don't have any options except to quit when we are in a negative work environment. The book is an easy read and the author does a good job summarizing key points at the end of each chapter. Very action-oriented!

In "Don't Quit Yet," author Debbra Anne skillfully nails the problems in working with others in the workplace. She provides meaningful stories describing sticky workplace issues like gossiping, harassment, bullying, just plain mean behavior, and more, and addresses each issue with practical suggestions for resolution. She even appropriately addresses the possibility that the perpetrator of some situations might be the reader. I particularly liked the chapter on email bloopers, and found many useful ideas. Each chapter ends with a summary of easy to use and helpful tips. Throughout the book, Debbra Anne provides valuable recommendations to reach the end goal as she describes it: "Developing Tenacity, Humor, and Grace in the workplace." This book is a helpful tool for maintaining sanity, stability, and etiquette in the workplace.

This book speaks directly to anyone who struggles with co-worker friction - aka just about everyone at some point in time! Debbra is insightful, refreshingly humorous, and downright honest about the struggles of working with those who can be difficult co-workers in the office. She also digs into the self realization that sometimes we are the trouble makers without realizing it! A lot of the time we lay blame on others because it's easier than looking at ourselves. Many will argue that the hardest part of office life is learning how to work with your co-workers - not only effectively, but agreeably. Debbra gives effective tips and methods to combat workplace conflict, making this book is a must-read for every worker, no matter the industry!

Having left corporate America over 15 years ago, I was bummed to hear that not much has changed regarding working place conflict. All the more reason for this book! I loved how each chapter ended with 3 action steps and had additional exercises at the end. The tone was great also as the author's wove personal experiences with outside resources to support each area of office pitfalls. Whether you work in HR or are an employee faced with issues including bullying, "know-it-all's", family owned business dynamics, and the like, this book offers great strategies to try before you say "I quit."

Office conflict! Most employees of any office environment will experience a variety of types of conflict with other office workers, employers, and outside representatives. "Don't Quit Yet! How to Handle Co-Worker Friction with Tenacity, Humor, and Grace" authored by Debbra Anne will inspire and assist you in handling these situations. The book holds much common sense advice, covering many situations of conflict within an office or corporate environment. A MUST READ for all office personnel and especially for those entering the corporate world for the first time!

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