



Your Boss Is Not Your Mother: Eight Steps to Eliminating Office Drama and Creating Positive Relationships at Work

Debra Mandel

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Your Boss is Not Your Mother is an essential new guide to uprooting and solving the underlying problems that cause office drama, with positive guidance for improving workplace relationships. Most people who are unhappy at work attribute it to their relationship with coworkers. By continually getting sucked into workplace drama, they're usually replicating problems they had with parents, siblings, or others in childhood. Dr. Debra Mandel attacks these workplace problems at the roots. Using real-life stories and anecdotes, she demonstrates how to respond to people in the workplace with a clear head. This warm and insightful guide is full of interactive features—self-tests, exercises and checklists—designed to help you explore and assess your workplace interactions, let go of negative influences, and take charge of your work life.

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