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Office Politics: How to Thrive in a World of Lying, Backstabbing and Dirty Tricks

Dr. Oliver James

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This book says what we all know and see, but which has never really been expressed so candidly before. Of course, we talk about the office politics and we've all been caught up in it, for better or worse, and sadly, some never recover. This book is timely in that it highlights what to look out for and importantly, how to survive in the work place. This is a must read survival manual!
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The book enabled me to reflect on my work environment. My strengths and weaknesses came into view. I recommend it to all my friends.

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 behavior. 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.

"I can't remember the last time I read such a useful and eye-opening book. But be warned: after reading it, you may never want to go to work again." —Mail on Sunday