



Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper

By Roy H. Lubit

[Download now](#)

[Read Online](#) 

Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit

Many managers engage in destructive behavior that does considerable harm to their subordinates, their organization and eventually themselves. Whether they are narcissistic, unethical, rigid or aggressive, or simply depressed/anxious/burned out, working with them can be a nightmare. Moreover, they can do serious damage to their organizations by diverting energy from productive work, damaging cooperation and knowledge sharing, impairing retention of the best people, weakening morale, and making poor business decisions. In *Coping with Toxic Managers*, psychiatrist and organizational consultant Dr. Roy Lubit shows you how to develop your emotional intelligence and protect yourself and your organization from the destructive impact of toxic managers. While there are many organizational consultants who utilize psychological insights in their work and psychologists who consult to organizations, Dr. Lubit's depth of training and experience in psychiatry, organizational behavior and organizational consulting provides a basis for unique insights

 [Download Coping with Toxic Managers, Subordinates ... and O ...pdf](#)

 [Read Online Coping with Toxic Managers, Subordinates ... and ...pdf](#)

Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper

By Roy H. Lubit

Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit

Many managers engage in destructive behavior that does considerable harm to their subordinates, their organization and eventually themselves. Whether they are narcissistic, unethical, rigid or aggressive, or simply depressed/anxious/burned out, working with them can be a nightmare. Moreover, they can do serious damage to their organizations by diverting energy from productive work, damaging cooperation and knowledge sharing, impairing retention of the best people, weakening morale, and making poor business decisions. In *Coping with Toxic Managers*, psychiatrist and organizational consultant Dr. Roy Lubit shows you how to develop your emotional intelligence and protect yourself and your organization from the destructive impact of toxic managers. While there are many organizational consultants who utilize psychological insights in their work and psychologists who consult to organizations, Dr. Lubit's depth of training and experience in psychiatry, organizational behavior and organizational consulting provides a basis for unique insights

Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit **Bibliography**

- Sales Rank: #296744 in Books
- Published on: 2003-11-27
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .90" w x 6.00" l, 1.20 pounds
- Binding: Paperback
- 400 pages

 [Download *Coping with Toxic Managers, Subordinates ... and O ...pdf*](#)

 [Read Online *Coping with Toxic Managers, Subordinates ... and ...pdf*](#)

Download and Read Free Online Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit

Editorial Review

From [Booklist](#)

Lubit, an academic, psychiatrist, and management consultant, explains how our ability to work effectively with difficult or "toxic" managers will have a significant impact on our careers. By improving this ability, he claims, we will learn to better understand and manage ourselves. The first order is to increase our emotional intelligence, comprising personal and social competence. These competencies are our abilities to understand our own feelings, strengths, and weaknesses, and to control our emotions while also understanding the feelings of others and developing skills to form positive relationships with them. Lubit delineates the behaviors of five types of toxic managers--narcissistic, unethical, aggressive, rigid, and impaired--saying that these behaviors are manifestations of depression and fear. By understanding them, we will be able to design strategies to protect ourselves. While this reads like a textbook, the author has valuable insight to share with those in today's business world who are dealing with--or who may someday deal with--a toxic manager.

Mary Whaley

Copyright © American Library Association. All rights reserved

From the Back Cover

Many managers engage in destructive behavior that does considerable harm to their subordinates, their organization and eventually themselves. Whether they are narcissistic, unethical, rigid or aggressive, or simply depressed/anxious/burned out, working with them can be a nightmare. Moreover, they can do serious damage to their organizations by diverting energy from productive work, damaging cooperation and knowledge sharing, impairing retention of the best people, weakening morale, and making poor business decisions. In *Coping with Toxic Managers*, psychiatrist and organizational consultant Dr. Roy Lubit shows you how to develop your emotional intelligence and protect yourself and your organization from the destructive impact of toxic managers. While there are many organizational consultants who utilize psychological insights in their work and psychologists who consult to organizations, Dr. Lubit's depth of training and experience in psychiatry, organizational behavior and organizational consulting provides a basis for unique insights

About the Author

Dr. Roy H. Lubit trained in psychiatry at Yale, wrote a Ph.D. dissertation on organizational learning at Harvard, researched organizational behavior at Columbia Business School, and taught organizational behavior at the City University of New York's Zicklin School of Business. He is a senior consultant to the Center for Social and Emotional Education and a member of the Consortium for Research on Emotional Intelligence in Organizations.

His professional training and extensive experience in both psychotherapy and organizational dynamics are very unusual. Many people are trained in one of these areas and do some work in the other. Deep involvement in both provides a foundation for unique insights.

Dr. Lubit coaches executives; runs leadership workshops; consults to corporations, governmental agencies, and law firms on a variety of organizational issues; and conducts research on fostering emotional intelligence. Dr. Lubit has appeared widely on TV and radio and presented numerous times at professional conferences.

Users Review

From reader reviews:

Theresa Smith:

Nowadays reading books become more than want or need but also get a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The data you get based on what kind of publication you read, if you want have more knowledge just go with schooling books but if you want feel happy read one with theme for entertaining such as comic or novel. The Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper is kind of book which is giving the reader capricious experience.

Christopher Morton:

Playing with family in a park, coming to see the ocean world or hanging out with buddies is thing that usually you will have done when you have spare time, after that why you don't try matter that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper, you could enjoy both. It is great combination right, you still want to miss it? What kind of hang type is it? Oh can happen its mind hangout folks. What? Still don't obtain it, oh come on its named reading friends.

Sherrie Beardsley:

Does one one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Attempt to pick one book that you never know the inside because don't determine book by its include may doesn't work the following is difficult job because you are afraid that the inside maybe not while fantastic as in the outside look likes. Maybe you answer might be Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper why because the wonderful cover that make you consider regarding the content will not disappoint anyone. The inside or content will be fantastic as the outside as well as cover. Your reading sixth sense will directly assist you to pick up this book.

Jamie Harper:

As we know that book is very important thing to add our expertise for everything. By a publication we can know everything you want. A book is a group of written, printed, illustrated or blank sheet. Every year ended up being exactly added. This publication Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper was filled regarding science. Spend your spare time to add your knowledge about your scientific disciplines competence. Some people has various feel when they reading some sort of book. If you know how big selling point of a book, you can sense enjoy to read a reserve. In the modern era like today, many ways to get book which you wanted.

**Download and Read Online Coping with Toxic Managers,
Subordinates ... and Other Difficult People: Using Emotional
Intelligence to Survive and Prosper By Roy H. Lubit
#142SIXVNYBD**

Read Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit for online ebook

Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit books to read online.

Online Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit ebook PDF download

Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit Doc

Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit MobiPocket

Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit EPub

142SIXVNYBD: Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper By Roy H. Lubit