



FOR IMMEDIATE RELEASE

SURVIVING THE TOXIC WORKPLACE
Protect Yourself Against the Co-workers, Bosses,
and Work Environments that Poison Your Day

By Linnda Durré, Ph.D.

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www.survivingthetoxicworkplace.com

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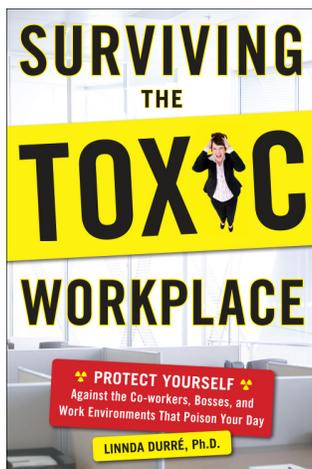
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*“Readers of this fascinating work will feel **both enlightened and empowered** to do more than endure the pain caused by such toxic people.”*

**—Leonard Goodstein, Ph.D., Former CEO,
American Psychological Association**

*“**Information is power**, and my job is to give people, corporations, and businesses more information so they can evaluate the situation, look inside themselves and their companies...and implement [an action plan] for positive and productive change.”*

**—Linnda Durré, Ph.D., from SURVIVING THE TOXIC
WORKPLACE**

TIRED OF TOXIC CO-WORKERS? THE CURE IS HERE!

Almost every office has at least one toxic co-worker: The Back Stabber. The Passive-Aggressive. The Brownnoser. The Gossip. The Flirt. As minor nuisances they can zap your energy and ruin your concentration, and, at the extreme, a malicious officemate can sabotage your work and damage your personal and professional reputation. In today’s volatile economy, trading a toxic workplace for a healthier office is not always an option, so employees must use effective communication techniques to turn poisonous environments into productive ones.

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In **SURVIVING THE TOXIC WORKPLACE**, business consultant, radio show host, and psychotherapist Dr. Linnda Durré teaches workers how to take matters into their own hands and put a stop to toxic workplace behavior. In addition to the opening quiz “**Are You in a Toxic Company Dealing with Toxic Co-workers,**” Dr. Durré helps readers identify and diagnose the toxic behavior of 79 specific “**Staff Infections™**,” or destructive work personalities. You will likely recognize some of these poisonous co-workers that fall into the categories of:

- The Socially Clueless
- The Work Interferers
- The Uncommitted
- The Angry Ones
- The Politically Incorrect
- The Victims
- The Rescuers
- The Saboteurs
- The Politicians
- The Sexually Suggestive
- The Obsessives
- The Addicts

Dr. Durré provides detailed explanations of why their specific toxic behavior occurs, and explains how to overcome it using **S.E.S.S.I.O.N.**, her unique **Situation, Explanation, and Solution System in Overcoming Nuisances**. Readers will learn the seven effective communication techniques for dealing with different conflict styles, including written and verbal communication strategy, practicing assertive behavior, and preparing for and healing after contentious workplace interactions.

In addition to equipping readers with specific scripts for each toxic workplace situation, **SURVIVING THE TOXIC WORKPLACE** provides resources and next steps, including how to approach the boss and HR as well as what to do if that strategy does not produce the expected and hoped for results.

Whether dealing with “Frannie the Flatterer,” “Dick the Dictator,” or “Bobby the Boss’s Relative,” **SURVIVING THE TOXIC WORKPLACE** empowers employees to take matters into their own hands, deal with dissension effectively, and create an environment in which they can thrive. Please contact me to request an author interview, chapter excerpt, or for additional media inquiries.

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ABOUT THE AUTHOR



Linnda Durré, Ph.D., a psychotherapist, corporate consultant, national speaker, and columnist, currently hosts and produces her third radio show, “The Linnda Durré Show” on WEUS 810AM Orlando (www.LinndaDurreShow.com). She has hosted and co-produced two live call-in TV shows, including “Ask the Family Therapist” on the Mayo Clinic-affiliated America’s Health Network, and has been interviewed on Oprah, 60 Minutes, The Today Show, Good Morning America, and The O’Reilly Factor, among others. She is the author of the new “Coping with a Toxic Boss” column on www.eBossWatch.com. She has been featured, quoted, and/or cited in publications including *The New York Times*, *The Los Angeles Times*, *USA Today*, *Christian Science Monitor*, *Parade*, and *San Francisco Chronicle*, and has written for Forbes Online, American Cities Business Journals, and *Orlando Business Journal*.

Suggested Interview Questions for Dr. Linnda Durré

1. Who are the Top Ten Most Toxic co-workers that employees should watch out for?
2. Which major signs should you look for to determine whether you’re stuck in a toxic workplace?
3. How do human motives play a role in toxic workplaces?
4. How do you communicate with a co-worker whose conflict style is different from yours?
5. When is it better to go directly to management or HR than deal directly with a toxic co-worker?
6. How should employees handle a toxic boss?
7. What should employees do if S.E.S.S.I.O.N. and direct communication don’t work?
8. How can using an attorney and/or the media help you resolve your workplace grievance?

Dr. Durré is available for interview on these and other workplace and communication topics. Please contact me to request an interview, bylined article, or for all other media inquiries.

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