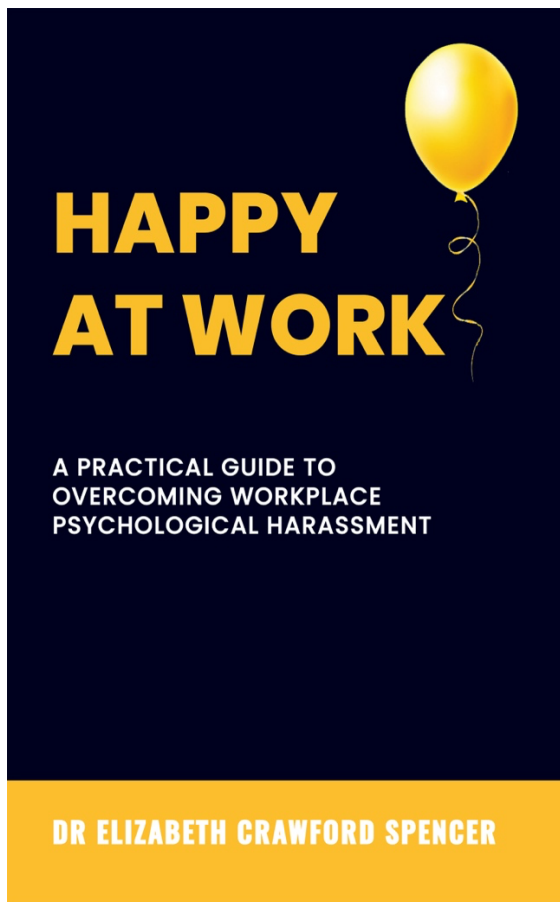


MEDIA KIT

Happy at Work: A Practical Guide to Overcoming Workplace Psychological Harassment

About the book



Happy at Work equips readers with the tools to counter the epidemic of workplace psychological abuse and build safe, thriving work environments. It reveals the truth about why perpetrators are rewarded and targets are vilified, and why employers often fail to help. It unpacks the tactics, impacts, and challenges of bullying and explores the real prospects for legal action.

Learn how to be a victor, not a victim, and build resilience with strength and purpose.

A must-read for anyone interested in finding real solutions to workplace psychological harassment, this book empowers individuals and organizations to stop harassment. Learn how to shift toxic teams from betrayal to comradeship, creating safer, healthier workplaces for all.

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Reviews

'I think it's a great book. ...It was genuinely helpful for me to read. ...I really wish this stuff was embedded in corporate culture It saddens me that psychological abuse in any context is made out to be a difficult topic or shameful topic to talk about. It is like mould - it thrives when kept in the dark and stillness, and dies when exposed to sun and air.'

Leisha Browning, Higher Education and Health Care Sector Specialist

'...a very important book on workplace harassment.'

Richard Heller, Emeritus Professor, Universities of Manchester, UK and Newcastle, Australia

'As a collection of carefully curated case studies and personal insights, this is a wonderful piece of work, both sympathetic and nuanced.'

Ken Yin, Lecturer Business and Law, Edith Cowan University

'I found this book very helpful - made me feel like I wasn't so alone in my journey. Thank you for writing it.'

Joyce Rieschick, Services Officer, Queensland Department of Child Safety, Seniors and Disability Services

'I really like this...Looking at it as a whole... describing the situation from a bird's eye, it's helpful and eye-opening... You do lose perspective a little when you are in it because it's harder to connect the dots and see the truth... On the ground it's messy and confusing but with perspective you see it for what it is.'

Angela Jordan, Senior Specialist Curriculum Development, James Cook University

[Chapter Summary](#)

[Reading Guide/Discussion Questions](#)

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Elizabeth Crawford Spencer, BS, MCRP, JD, PhD, is a lawyer and educator with over two decades of experience as an authority on small business law and an expert on the regulation of power dynamics in business settings. Dr. Spencer is a leading advocate for equity and conflict transformation in commerce. She provides legal and consulting services and training in conflict management and healthy workplace relations. She is committed to helping individuals and organisations build safer, happier and more meaningful working lives.

HAPPY AT WORK

A must-read for anyone interested in finding real solutions to workplace psychological harassment.

Happy at Work reveals the truth about:

- . Why perpetrators are rewarded, and targets are vilified
- . Why employers not only fail to help, but often make things worse
- . The real prospects for legal action
- . Survival strategies for targets to build resilience with strength and purpose
- . How to shift toxic teams from betrayal to comradeship - creating safer, healthier workplaces for all

Buy the book:

For more information or to request a review copy visit
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