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

Oliver James

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A fascinating expose acute; 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 expose acute;, 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 behaviour. 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. Oliver James trained and practised as a child clinical psychologist and, since 1988, has worked as a writer, journalist and television documentary producer and presenter. His books include *Juvenile Violence in a Winner-Loser Culture*, the bestselling *They F*** You Up*, *Affluenza* and *Contented Dementia*. He is a trustee of two children's charities: the National Family and Parenting Institute and Homestart. www.oliver-james-books.com

"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 * "Backstab your way up" * Evening Standard * "Oliver James is excellent at showing why social scientists think that the surge in material affluence can produce the opposite of happiness." -- Avner Offer, Professor of Economic History, University of Oxford "A revealing look at the behavioural patterns and psychology of ... colleagues who are out to one-up you on a daily basis." * The City * "the workplace manual that human resources will never give you." * The Times * About the Author OLIVER JAMES trained and practised as a child clinical psychologist and, since 1988, has worked as a writer, journalist, broadcaster and television documentary producer and presenter. His books include the bestselling *They F*** You Up*, *Affluenza* and *Contented Dementia*.