



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

*Roy H. Lubit*

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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

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