

STOP SABOTAGING YOUR CAREER

Strategies to Succeed-in Spite of Yourself
BY LOIS FRANKEL, PH.D.

New York Times Bestselling Author of *Nice Girls Don't Get the Corner Office*

"A must-read."

—Anne Fisher, "Ask Annie" columnist, *Fortune magazine*

Dr. Lois P. Frankel, bestselling author of *Nice Girls Don't Get the Corner Office* and *See Jane Lead*, is back with a guide we can all use to get more pay, more perks, and a better position. It's time to take a look at your work history, stop being your worst enemy, and STOP SABOTAGING YOUR CAREER!

Have you ever been passed over for a well-deserved promotion, overlooked even when your ideas are great, or denied the bonus you counted on? If so, it may not be the boss or the system to blame. Chances are it's not your shortcomings that are holding you back – it's most likely your strengths. Even if you're working as hard as you can, you may just be sabotaging your own career.

STOP SABOTAGING YOUR CAREER offers the secret strategies and psychological tactics you can put in place today to achieve success tomorrow. Don't miss:

- How to expertly assess the corporate playing field and spot the boundaries you should not cross
- Why the Popeye philosophy-"I yam who I yam"-keeps you on the bottom rung of the ladder
- Why expertise in your field just isn't enough-and what critical factors boost your credibility...and visibility
- How an astonishing recent discovery about communication can get you noticed, admired, and respected
- What fast-trackers know-and you can learn-that will advance your career faster.

Internationally recognized executive coach and *New York Times* bestselling author Dr. Lois P. Frankel shows you how the qualities you thought were your strengths may actually be hurting your career. STOP SABOTAGING YOUR CAREER was named "the best unsung business book of the year" in 1997 by *Fast Company* magazine. Newly revised for today's tough competition and current marketplace conditions, this book is a must have for the new employees who need guidance, the mid-level managers who need a jump-start, and the seasoned executives who want to reach higher.

ABOUT THE AUTHOR

Dr. Lois Frankel is also the author of the international bestsellers, *Nice Girls Don't Get The Corner Office*, *Nice Girls Don't Get Rich*, and *See Jane Lead* as well as *Jump Start Your Career*, *Kindling the Spirit*, and *Women, Anger, & Depression*. She is the President of Corporate Coaching International as well as a licensed psychotherapist with a doctorate in Counseling Psychology from the University of Southern California. Although originally from the East Coast, Dr. Frankel currently resides in Southern California where she also heads up MOSTE: Motivating Our Students Through Experience. MOSTE is a non-profit organization that for twenty years has provided mentors and scholarships to at-risk, inner-city middle school girls.

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