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Are You Your Own Worst Enemy?: The Nine Inner Strengths You Need to Overcome Self-Defeating Tendencies at Work

Charles E. Watson, Thomas A. Idinopulos
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Charles E. Watson, Thomas A. Idinopulos : Are You Your Own Worst Enemy?: The Nine Inner Strengths You Need to Overcome Self-Defeating Tendencies at Work before purchasing it in order to gage whether or not it would be worth my time, and all praised Are You Your Own Worst Enemy?: The Nine Inner Strengths You Need to Overcome Self-Defeating Tendencies at Work:

0 of 0 people found the following review helpful. Five StarsBy Valdas BimbaVery good book

A management professor and a religion professor team up to provide a fresh, penetrating look at the obstacles that prevent people from achieving their full potential. As authors Charles Watson and Thomas Idinopulos demonstrate, inner demons like a lack of integrity, mindless conformity, passivity, or greed conspire to keep people from doing their best. But people can avoid becoming their own worst enemies by using their uniquely human capacities to their fullest: to be more responsible, more creative, more self-disciplined, and more honest. Using these strengths, the authors show, makes it easier to resolve ethical dilemmas, attain peak performance without burning out, maintain a positive outlook, and, ultimately, succeed in achieving treasured personal and professional goals. A management professor and a religion professor team up to provide a fresh, penetrating look at the obstacles that prevent people from achieving their full potential at work. As Watson and Idinopulos demonstrate, inner demons like a lack of integrity, mindless conformity, passivity, mediocrity, or greed conspire to keep people from doing their best. But people can avoid becoming their own worst enemies by using their uniquely human capacities to their fullest: to be more responsible, more insightful, more creative, more self-disciplined, more honest, and more concerned about others. Using these strengths, the authors show, makes it easier to resolve ethical dilemmas, attain peak performance without burning out, maintain a positive outlook, and, ultimately, succeed in achieving treasured personal and professional goals. The world of work is filled with treacherous shoals that constantly test the integrity, fortitude, and tolerance of employees. The stresses can be incapacitating. Faced with competing agendas, high expectations, sclerotic bureaucracies, and scarce resources, many people fall prey to demons that sap their energy or, worse, encourage them to act against their own interests by being dishonest or cutting corners. *Are You Your Own Worst Enemy?* shows readers how to take responsibility for their actions and their happiness. It discusses the on-going pressures, temptations, and traps in the workplace and how ordinary people can manage them constructively to remain effective and true to their ideals. Specifically, it shows how learning the following behaviors and attitudes can help people become more productive, more valuable, and more fully satisfied: -Develop the capacity to make things happen. -Make the most of who you are. -Sharpen thinking skills. -Be the kind of person others want to be around. -Break the chains of mindless routine. -Become an effective learner and continue learning. -Master the art of self-discipline. -Act with integrity. -Be of service to others. Using dozens of engaging stories from people in all types of organizations, the authors show how to overcome self-defeating behavior. The result for readers is a blueprint for success, reduced stress, better work/life balance, and fulfillment.

"Watson and Idinopulos describe how to overcome types of self-defeating behavior at work that affect achieving full success. They detail nine strengths developing what it takes to make things happen and act responsibly, having self-understanding and self-acceptance, sharpening thinking skills, being the person others want to be around through respect and kindness, breaking mindless routines, becoming an effective learner, mastering the art of self-discipline, acting with integrity, and being of service to others. They use practical examples to illustrate methods for developing these strengths." - Reference Research Book News "Are You Your Own Worst Enemy? by Charles Watson and Thomas Idinopulos is an insightful and enjoyable read for all business--and life--practitioners. Life, a career, is a journey. The most effective journey person will know themselves ahead of engaging to know others. This book offers topics and tips grounded in fact and experience to improve and enrich the human experience of any journey. Read, learn, practice, enjoy." (Steve Porter, President, The Americas InterContinental Hotels Group) "Are You Your Own Worst Enemy is a valuable addition to the library of anyone wishing to increase the chances of success at work. By providing simple, everyday examples of the mistakes we tend to make at work Charles Watson and Thomas Idinopulos show us how to break out of these harmful behaviors and develop new patterns that will lead to success. The answers are inside each of us and the authors lay out a plan to discover and capitalize on those answers." (Steve Jones, Sr VP Human Resources, CA-Vision; LasikPLUS) "Watson and Idinopulos have written a wonderful book which causes one to reflect on how he or she behaves, both in the workplace and at home. By following the recommendations within, one will not only build better relationships with others, but will likely advance in his or her career as well." (Terry M. Faulk, Retired Executive Vice President, Global Human Resources, Kraft Foods Inc.) About the Author Charles E. Watson is Professor of Management at Miami University, OH. A former manager with wide business experience, he is the author of over two dozen articles and eight books on management, including *Managing with Integrity* (Praeger, 1991 Book-of-the-Month Club selection) and *How Honesty Pays* (Praeger, 2005). Thomas A. Idinopulos is Professor of Comparative Religions at Miami University, OH. The author of many books, he has also published more than eighty-five articles on religion, politics, and literature in such publications as the *Journal of Religion*, *Scottish Journal of Theology*, and *Journal of the American Academy of Religion*.