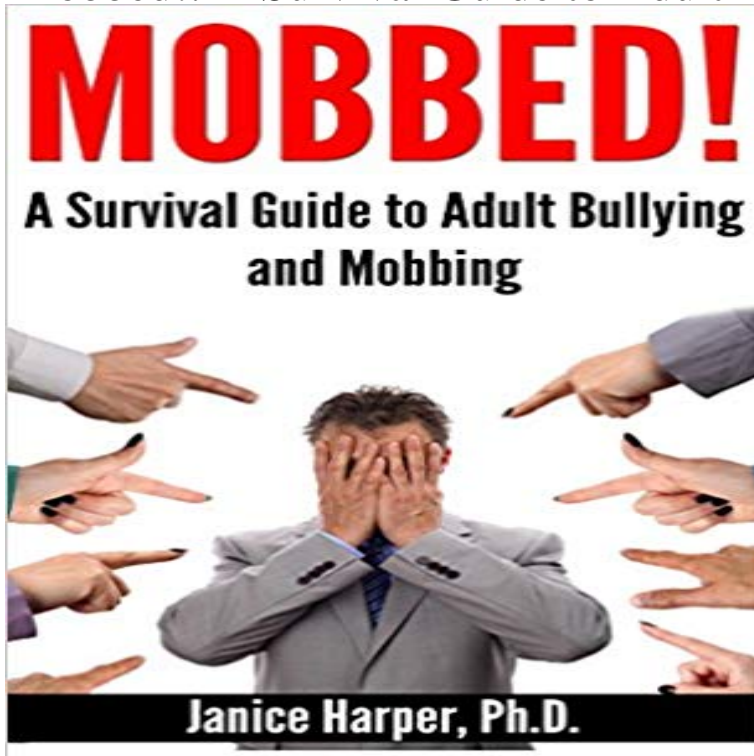


## Mobbed!: A Survival Guide to Adult Bullying and Mobbing



Is everybody out to get you? Are you being bullied and shunned not just by one, but by many? You may not be paranoid, you just might be being mobbed. In *Mobbed! A Survival Guide to Adult Bullying and Mobbing*, anthropologist Janice Harper, a regular contributor to *Psychology Today* and *The Huffington Post*, explores the group psychology behind collective aggression at work, school, the military, church or community. Unlike other anti-bully books that focus on evil people or psychopath bosses, Harper shows how and why even good people will engage in inhumane behaviors in group settings and what targets of their aggression can do to protect themselves once it starts. From studies in animal behavior to showing how administrators communicate behind the scenes when they want to eliminate someone, Dr. Harper takes the reader on an exploration of the underbelly of human nature to show step-by-step what happens to the pack when a leader—whether an alpha wolf or a disgruntled boss—wants one of its own to be gone. Written by an anthropologist with expertise in organizational cultures and warfare, whose approach to workplace aggression has been cited as paradigm shifting, fascinating, insightful, refreshing, provocative, and a voice of sanity, *Mobbed! A Survival Guide to Adult Bullying and Mobbing* explains the primate behavior that humans engage in when interacting in groups and how to stop it, and protect yourself, at any stage.

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