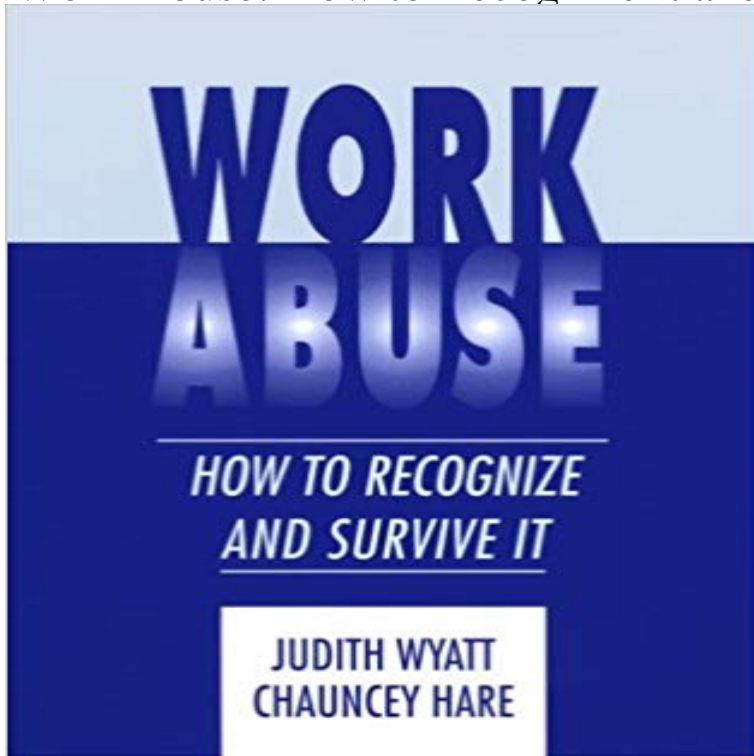


## Work Abuse: How to Recognize It and Survive It



Tens of thousands of people hate their jobs, merely enduring them a day at a time. For many, the true problem is an abusive work environment: one that disempowers people and destroys self-esteem. Work abuse is the dehumanizing of people through patterned ways of interacting at work.

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