



# **STOP BULLYING: 10 Strategies for Women to Reduce Stress Caused by Bullying at Work**

*Natalie Disque*

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# STOP BULLYING: 10 Strategies for Women to Reduce Stress Caused by Bullying at Work

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Workplace bullying is a serious problem. If it's happening to you, it's important to take the right steps to deal with it. If you notice it happening to someone else, you should reach out and help that person. By fighting back against bullying wherever you see it happening, you can help to make your work environment happier, healthier, and more productive. Unfortunately, more than half of the employees who report being bullied are women. Even more shocking is that about 40% of all bullies in the workplace are women themselves. The pressure women experience in a business environment that is still suffering from outdated, sexist practices is still a real problem. It has turned many women into victims of bullying and still others into bullies in their own right. You'll learn more about these deeper issues behind bullying in the book.

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