



Read@Work

Your Reading Supplement for Work and More

“YOU CANNOT CONTROL OTHER PEOPLE’S BEHAVIOUR, BUT YOU CAN CONTROL YOUR RESPONSES TO IT.”

- ROBERTA CAVA



CURATED READS

You Don’t Get To Choose Your (Work) Family

The pompous jerk; the insufferable know-it-all; the incessant complainer - what can you do if there’s that *one* colleague whom you can’t stand?

Rather than avoiding your colleague like the plague, why not address the issue head-on? From identifying personality types to mastering difficult conversations, here’re some useful strategies that you can undertake to turn these negative workplace interactions into positive and productive ones.

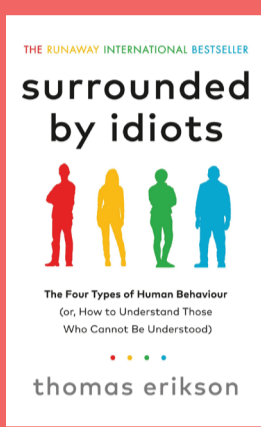
Surrounded By Idiots

by Thomas Erikson
Call no.: English 302.2 ERI

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Ebury Publishing, 2019.

Why do we struggle to connect with certain people? Swedish communication expert Thomas Erikson offers a framework for assessing the personalities of people we communicate with, and provides specific recommendations to deal with each personality type in a positive, professional way.

Borrow the book [here](#).



10 Rules for Talking

by Tim Harkness
Call no.: English 302.346 HAR



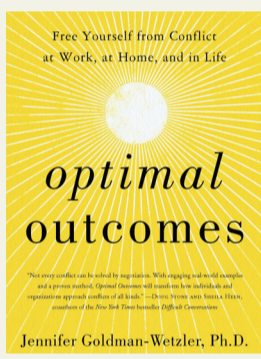
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Difficult conversations are well, *difficult*. How then can you move a discussion forward? Psychologist Tim Harkness has ten rules to guide you to achieving common ground with people whom you disagree with.

Borrow the book [here](#).

Optimal Outcomes

by Jennifer Goldman-Wetzler
Call no.: English 303.69 GOL



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Harper Business, 2020.

What do you do when agreement and collaboration seem impossible, and attempts to resolve conflict fail? Enter “conflict freedom”. Based on Dr Jennifer Goldman-Wetzler’s course at Columbia University, it outlines eight practices to help you free yourselves from conflict.

Borrow the book [here](#).

5 Difficult Boss Personalities and How to Deal With Them

mycareerfuture
Article



How do you manage a toxic boss? (Oh, the irony!) Handling difficult bosses and ‘managing up’ requires a different strategy from interacting with difficult colleagues. This article is a field-guide to identifying and managing the four ‘difficult boss’ personalities.

Read more [here](#).

HOW TO WORK WITH SOMEONE YOU HATE



WATCH THIS!

How To Work With Someone You Hate | BBC Ideas

THE HIT LIST

Craving for a good read?

Discover how food and cooking connect us to one another in *You and I Eat the Same* (our favourite chapter is how fried chicken is common ground); indulge in a collection of intimate, illustrated essays on how comfort food can help us cope with dark times (*Eat Joy*); or explore how you can make better food choices with this radically practical guide (*How To Be A Conscious Eater*).

These titles are definitely *food-filling*!

Borrow the e-books [here](#).



BOOKS WE LOVE: FOOD-FILLING READS



FUTURE OF WORK & MY DIGITAL LIFE

DID YOU KNOW?