



# How to Forgive your Boss: Or Anyone Who Has Done You Wrong

*Tammy Dewar*

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## **How to Forgive your Boss: Or Anyone Who Has Done You Wrong** Tammy Dewar

In her twenty years of coaching employees and executives in leadership and team development, Dr. Tammy Dewar has often guided her clients through the stormy seas of office dysfunction. During the course of this work, she's heard about many bosses. Sadly, most of the stories have been negative. There have been mean bosses, bullying bosses, unfair bosses, unethical bosses, cheap bosses, inept bosses...the list goes on and on. In fact, one of the main themes she's encountered in her work is that it is bosses who are making lives miserable. But the day she asked a group of disgruntled workers what forgiveness for their errant boss might look like - a light went on. As a self-described "recovering festerer" herself, Dr. Dewar began to encourage her clients to apply a series of simple, practical techniques that would free them from the oppression of uselessly held grudges, and *How to Forgive Your Boss* was born. This lively, breezy, and eminently helpful manual on reconfiguring negative thought patterns into positive ones will most certainly be a great help to anyone who's ever had a bad boss. But its intelligent practices can also be applied to any negative, counter-productive thinking that's creating heavy baggage to drag around.

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