

**Are You Your Own
Worst Enemy?**

Are You Your Own Worst Enemy?

THE NINE INNER STRENGTHS YOU NEED
TO OVERCOME SELF-DEFEATING
TENDENCIES AT WORK

Charles E. Watson and Thomas A. Idinopulos

PRAEGER

Westport, Connecticut
London

Library of Congress Cataloging-in-Publication Data

Watson, Charles E.

Are you your own worst enemy? : the nine inner strengths you need to overcome self-defeating tendencies at work / Charles E. Watson and Thomas A. Idinopulos.

p. cm.

Includes bibliographical references and index.

ISBN 978-0-275-99224-8 (alk. paper)

1. Organizational behavior. 2. Self-management (Psychology)
3. Responsibility. 4. Integrity. 5. Emotional intelligence.
6. Work—Psychological aspects. I. Idinopulos, Thomas A. II. Title.
III. Title: Overcome self-defeating tendencies at work.

HD58.7.W332 2007

650.1—dc22 2007020619

British Library Cataloguing in Publication Data is available.

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Library of Congress Catalog Card Number: 2007020619

ISBN-13: 978-0-275-99224-8

First published in 2007

Praeger Publishers, 88 Post Road West, Westport, CT 06881

An imprint of Greenwood Publishing Group, Inc.

www.praeger.com

Printed in the United States of America



The paper used in this book complies with the Permanent Paper Standard issued by the National Information Standards Organization (Z39.48-1984).

10 9 8 7 6 5 4 3 2 1

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