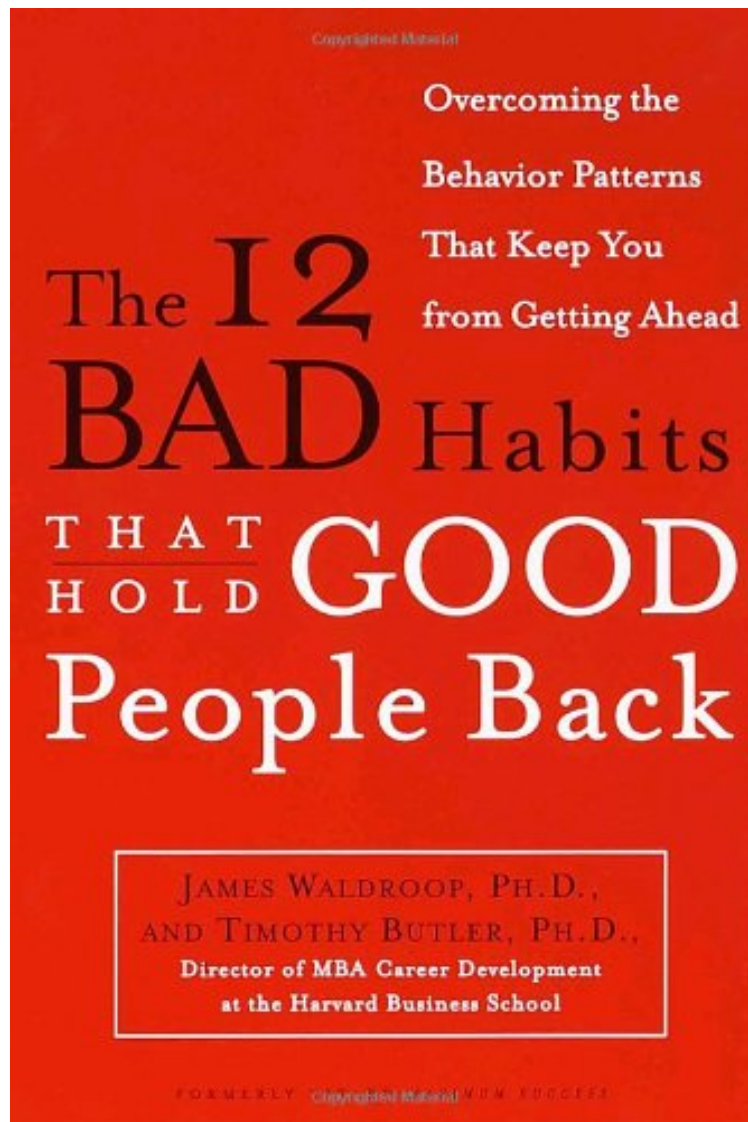


[Download pdf ebook] The 12 Bad Habits That Hold Good People Back: Overcoming the Behavior Patterns That Keep You From Getting Ahead

## The 12 Bad Habits That Hold Good People Back: Overcoming the Behavior Patterns That Keep You From Getting Ahead

*James Waldroop Ph.D., Timothy Butler Ph.D.*  
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**James Waldroop Ph.D., Timothy Butler Ph.D. : The 12 Bad Habits That Hold Good People Back: Overcoming the Behavior Patterns That Keep You From Getting Ahead** before purchasing it in order to gage whether or not it would be worth my time, and all praised The 12 Bad Habits That Hold Good People Back: Overcoming the Behavior Patterns That Keep You From Getting Ahead:

3 of 3 people found the following review helpful. Useful warnings could be presented more engagingly  
By Greeny  
The authors are authoritative on identifying major psychological issues that harm one's career. In Part I, they explain the personality types that hold people back from success. This was a little scary because anybody should be able to see some of themselves in most of these types. Part II is more interesting because it covers the underlying reasons for the self-defeating behaviors in Part I. Rather than repeat a summary of the book, I would just caution the reader on the experience of reading it. To say this is dry is an understatement. It is just not engaging and on top of that, each personality flaw is a separate lecture. I could not get through this book cover to cover, and I'm the stubborn type that persists normally. The book has a lot of good information. It is not the type of book to read through as much as a reference book in my view.  
2 of 2 people found the following review helpful. The One Bad Habit that holds a good book back - Elitism  
By Anil Philip  
The One Bad Habit that holds a good book back - Elitism. This is a valuable book if you can get past the annoyance that it is a book by and for, the elites of society. The people interviewed for the counseling case studies are all either Harvard/Ivy League/MIT, or 'brilliant', 'very bright' or high society. None of them are average or middle-class. The authors are from Harvard Business school. In other words, this book is about analyzing why these good folks, the cream of the crop stumbled in their race to the top. I wish, the authors had shown more compassion for the desperate, average people and helped them also - janitors, unwed mothers and people with an unsavory past - like jail or drug addiction. Then it might have been a best seller and a household name - observe that people in general have never heard of it.  
4 of 4 people found the following review helpful. Genuine help for technical professionals  
By NanoDude  
Feeling "stuck" in my career after 7 years in essentially the same higher-level engineering position at a blue chip tech company, I originally bought "The Career Journey: A book on career management" by Ram Iyer after reading the glowing reviews. Unfortunately, that book was mainly written for recent college grads in business trying to move up in management. Not helpful (he does not seem to comprehend what a "technical ladder" is or at least seems to think it is of little value). Not to be deterred, I found this book and it was very interesting to find my main bad habits - "pessimist-worrier" and "emotionally tone deaf", along with clear examples genuine steps to address them. How constructive! It is also interesting to read these and recognize the bad habits of others I work with. The descriptions really help to put me "in their heads" and thereby deal with my co-workers and managers more effectively. Excellent read and very insightful.

Have you ever wondered why some people seem to rise effortlessly to the top, while others are stuck in the same job year after year? Have you ever felt you are falling short of your career potential? Have you wondered if some of the things you do that don't work might be hamstringing your ambitions? In *The 12 Bad Habits That Hold Good People Back*, James Waldroop and Timothy Butler identify the twelve habits that whether you are a retail clerk or a law firm partner, work in technology or in a factory are almost guaranteed to hold you back. The fact is, most people learn their greatest lessons not from their successes but from their mistakes. *The 12 Bad Habits That Hold Good People Back* offers the flip side to Stephen Covey's approach in *The 7 Habits of Highly Effective People*, zeroing in on the most common behavior that can impede a career. Based on over twenty years of research as business psychologists, the authors claim that the reasons people fail in their jobs are the same everywhere. Only after these detrimental behaviors have been identified can the patterns that limit career advancement be broken. Using real-life accounts of clients they have worked with at Harvard and as executive coaches at such companies as GTE, Sony, GE, and McKinsey Co., Waldroop and Butler offer invaluable and in some cases, job-saving step-by-step advice on how readers can change their behavior to get back on track. For anyone seeking to achieve his or her career ambitions, *The 12 Bad Habits That Hold Good People Back* is a powerful tool for unleashing true potential.