

Trust Rules: How to Tell the Good Guys from the Bad Guys in Work and Life, 2nd Edition: How to Tell the Good Guys from the Bad Guys in Work and Life

Linda Stroh

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Trust is at the root of all positive relationships. This accessible and empowering book teaches how to form an inner circle of trusted confidants in your workplace and at home that will allow you to live a more peaceful and more effective life, reduce stress, and better deal with negative emotions.

- Presents a system for assessing "the good guys and the bad guys"—in other words, the trustworthy and untrustworthy people that surround all of us in every arena of life
- Provides tools for assessing our own trustworthiness as well as for evaluating our own willingness to trust another
- Gives readers effective methods for dealing with forgiveness, coping, and reconciliation; managing "conditional" trust relationships; and for becoming more trustworthy to themselves
- Suggests a practical "Honesty Challenge" that dares readers to be more truthful—and as a result, more successful

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Billie Brown:

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Eugene Williams:

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