Manipulation Detection

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Consider ways to document difficult workplace interactions and set boundaries.

What this guide covers

- Notice patterns in professional interactions.
- Keep relevant records and ask for time to respond.
- Identify boundaries and sources of support.

Who this is for

For readers exploring this topic.

Putting the ideas to use

Choose a relevant exercise and adapt it to your circumstances.

Book details

Format: Guide. Pages: 14. Words: 674.

Download availability: After payment, download the complete ZIP package or the included PDF separately.