

## SYNOPSIS

# Know Your Place:

Surviving and Thriving in a World Built on Power, Hierarchy, and Workplace Bullying

*"Nearly all men can stand adversity, but if you want to test a man's character, give him power."*

— Abraham Lincoln

## The Book

**Work is a battlefield — and most employees never get the map.**

Drawing on more than thirty years of clinical social work, psychotherapy, and hard-won personal experience, this groundbreaking book pulls back the curtain on the unspoken rules governing every workplace: hierarchy, power, control — and the bullying that thrives within them. Part social psychology, part survivor's handbook, and part call to action, this book is essential reading for anyone who has ever wondered why talented people lose jobs, why good workers burn out, and why the playing field at work has never been level.

*The answer, it turns out, is rooted not in individual failure — but in systems built for control.*

## What Readers Will Discover

- Why 90% of workers report experiencing workplace bullying — and why it's rarely the victim's fault
- The military and feudal roots of modern workplace culture, and how they shape every interaction
- How hierarchy enables scapegoating, and why bullies almost always "punch down"
- The psychological profile of the narcissistic boss — and practical strategies to manage them
- How to use camouflage, networking, and exit strategies to protect career and self-esteem
- Why women in female-dominated, lower-paid industries face a compounded risk of workplace abuse
- The truth about unions, legal recourse, and when to fight — and when to walk away
- A roadmap for healing after toxic work environments, reclaiming confidence and identity

## Target Audience

### Primary Readers

- Healthcare & social service workers
- Allied health professionals

### Broad Appeal

- HR professionals & managers
- Career coaches & therapists

- Government employees
- Educators and academics
- Anyone in low-status, female-dominated fields

- Labor organizers & advocates
- Students entering the workforce
- Anyone rebuilding after job loss or abuse

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## Why This Book, Why Now

**Workplace bullying is an epidemic hiding in plain sight.** The Bureau of Labor Statistics identifies healthcare and social assistance as having the highest prevalence of hostile work environments — yet there are virtually no books specifically addressing bullying in these fields. This book fills that void.

Unlike existing books on workplace conflict that focus on individual personality disorders, this work examines the **environmental and systemic forces** — hierarchy, feudal and military culture, gender dynamics, and institutional power — that make bullying not an aberration, but a predictable feature of most workplaces.

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## About the Author

The author is a licensed clinical social worker and psychotherapist with over thirty years of experience in healthcare, government agencies, and non-profit organizations across Los Angeles, San Francisco, and the Chicago area. Her career has spanned the very institutions most afflicted by workplace bullying — county mental health departments, children and family services, and community non-profits — giving her both professional authority and hard-earned personal insight into these dynamics. She writes with the candor of a survivor and the rigor of a clinician.

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*"Ultimately, what people want is to feel significant in life. Hopefully, this book will help to push back at an environment whose only aim may be to quash this desire."*

— The Author

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