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# Mobbed! A Survival Guide to Adult Bullying and Mobbing

*Janice Harper*

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**Mobbed! A Survival Guide to Adult Bullying and Mobbing** Janice Harper
If you are being bullied by a group of people you once thought were your friends or respected colleagues, ask yourself this question--do you want to be a victim or a victor? Janice Harper's approach to workplace aggression has been called "paradigm shifting," "fascinating," "insightful," "refreshing," "provocative," and "a voice of sanity." Why, then, do some in the anti-bully movement regard her views as "silly," "gibberish," and "likely to put the anti-bully movement back ten years?" Perhaps because Dr. Harper raises the provocative question of whether for all our increasing awareness of workplace bullying, has it done anything to reduce aggression in the workplace? Perhaps even more alarming, she asks, could current approaches to combating "bullies" in the workplace instead increase workplace aggression? Dr. Harper draws on studies in anthropology and psychology to show how and why people turn against once respected friends and colleagues. And should this happen to you, she shows you how to protect yourself emotionally, socially and professionally once they do.

In Mobbed! A Survival Guide to Adult Bullying and Mobbing, anthropologist Janice Harper, a regular contributor to Psychology Today and The Huffington Post, explores how and why even good people will engage in inhumane behaviors in group settings—and what targets of their aggression can do to save themselves once it starts. From studies in animal behavior to showing how administrators communicate behind the scenes, Dr. Harper takes the reader on an exploration of the underbelly of human nature to show step-by-step what happens to the pack when a leader—whether an alpha wolf or a disgruntled boss—wants one of its own to be gone.

Written by an anthropologist with expertise in organizational cultures and warfare, and who was herself a target of mobbing run amuck, Mobbed! A Survival Guide to Adult Bullying and Mobbing goes beyond the anti-bully paradigm of "evil-doers" to show how mobbing is ignited, fueled, and engulfs the workplace in its flames—and how to stop it, and survive it, at any stage.

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