

THE SUCCESS SYNDROME

HITTING BOTTOM WHEN YOU REACH THE TOP

STEVEN BERGLAS



Springer

Success Syndrome Hitting Bottom When You Reach The Top

Jaap van Ginneken



Success Syndrome Hitting Bottom When You Reach The Top:

Success Syndrome Steven Berglas,1986 **The Success Syndrome** Steven Berglas,2013-11-11 **Reclaiming the Fire** Steven Berglas,2001-07-03 The definitive work on avoiding burnout written by the psychologist who is the leading specialist on the issue An illuminating and useful book for anyone coping with the pressures of work In *Reclaiming the Fire* Dr Steven Berglas analyzes the rises and falls of corporate executives middle managers lawyers entrepreneurs and others as they struggle to handle the trappings of successful careers How does one deal with encore anxiety the monotony of having to use talents that are no longer psychologically rewarding Why is it that our national obsession with wealth traps people in careers that often lead them to wonder Is that all there is And why do highly successful people often set themselves up for disastrous falls Dr Berglas answers all these questions and many more in this groundbreaking book by discussing real people whose careers have left them feeling pressured burdened and jaded In his most progressive and striking contribution to the literature on career success Dr Berglas debunks the persistent myth that women suffer more stress and burnout than men He disproves the common claim that women involved both in careers and in family life suffer from trying to have it all and he demonstrates how the drive to form close interpersonal ties a drive that is intrinsic to women can actually prevent both men and women from experiencing burnout In a related analysis of the mentoring process Dr Berglas shows why it is more important for careerists to build legacies for future generations a process he terms generativity than to become obsessed with their own personal success He proves that the process not only benefits the student but provides the mentor with psychological satisfaction and even improved physical health *Reclaiming the Fire* uses the working world not the psychiatric couch as a venue for understanding the psychological and emotional burdens of success It is the first comprehensive account of how to balance self esteem and ambition while maintaining challenge and stimulation throughout your career *Reclaiming the Fire* provides insight into Why baby boomers are currently suffering an epidemic of career dissatisfaction Why women are uniquely suited to cope with the pressures that cause men to suffer burnout and what men can learn from them How to escape golden handcuffs the workaholic devotion to a job that is no longer emotionally satisfying How to cope with anger that threatens to sabotage your career How all professionals can identify the passions that will allow them to sustain and enjoy success throughout their lives *The Failure of Success* Lawrence R. Samuel,2020-06-04 This history of success in the United States illustrates the degree to which personal and professional accomplishments have determined overall life satisfaction Beyond serving as a guide to the past present and future of success in America especially that found in the business world this book poses a provocative argument the standard practice of employing outer directed measures of success notably wealth power and fame has worked to the psychological disadvantage of many Americans More specifically it shows that a comparative and competitive view of success has made a significant number of individuals feel less successful than if more inner directed measures were used Ironically then the traditional model of success in the United States has been

largely a failure This work offers historians practitioners and general readers of non fiction a blueprint for how to adopt a more meaningful and positive model of success in their everyday lives Managing Television News B. William Silcock, Don Heider, Mary T. Rogus, 2009-03-04 Managing Television News provides a practical introduction to the television news producer one of the most significant and influential roles in a newscast The book provides critical skill sets to help resolve ethical dilemmas as well **Toxic Leaders and Tough Bosses** Teresa A. Daniel, 2024-03-18 Shortlisted in the International Business Book category at the Business Book Awards in partnership with Pathway Group 2025 Finalist in the Leadership HR and Employee Development category of the Goody Business Book Awards 2024 Toxic work culture is driving away 1 in 5 employees at an annual cost of US 44.6 billion to American organizations Yet ironically toxic leaders often achieve stellar financial profits continue to get promoted and remain in their leadership roles In Toxic Leaders and Tough Bosses Organizational Guardrails to Keep High Performers on Track employment law attorney Teresa A Daniel JD PhD draws upon numerous studies and interviews to show the real devastating impact of toxic workplace culture and why leaders must care This book discusses what signs to look out for in a toxic workplace factors that promote toxic behavior types of leaders and how they impact their organization the role of HR in managing employee wellbeing and what to look out for in exceptional leaders With evidence based strategies for building stronger workplace culture including tools to help organizations develop better leaders and managers it makes a compelling case for eradicating toxic leaders as a priority Toxic Leaders and Tough Bosses is for organizational leaders mid level managers supervisors HR practitioners and anyone else invested in implementing new tried and tested ideas to improve their organization's culture to create and sustain its optimum success

David--Faith on the Run Larry Lichtenwalter, 2004-02 Like David Outlaw Cave man Guerrilla So how does the hero behave under pressure The subject of this second volume on the life of David is his fugitive years when his passion for God was stressed to the breaking point He starts out holding Goliath's severed head and ends up weeping over the death of nemesis Saul and soul mate Jonathan In between he runs At first the battlefield hero wins the hearts of the people and becomes a palace fixture All is well in King Saul's court until the women begin singing his praises Now the rising star is a marked man with a price on his head Dodging javelins David succumbs to fear He resorts to deception Once he ran toward his enemies now he runs from them His only hope his only help is God The Lord is for me he writes so I will not be afraid What can mere mortals do to me Ps 118:6 NLT This book is for all who walk through the valley of the shadow who face the perfect storm of failure and disgrace Before God can bring us into a spacious place we must learn what David learned in the dark about God God delivers The storm will subside Goliath will fall But we must wait on the Lord A Church for the 21st Century Leith Anderson, 1992-07-01 From the author of Dying for Change a book on how to bring change to a local church to meet the challenges of a changing society *Facing Up to the American Dream* Jennifer L. Hochschild, 1996-08-05 The ideology of the American dream the faith that an individual can attain success and virtue through strenuous effort is the very

soul of the American nation According to Jennifer Hochschild we have failed to face up to what that dream requires of our society and yet we possess no other central belief that can save the United States from chaos In this compassionate but frightening book Hochschild attributes our national distress to the ways in which whites and African Americans have come to view their own and each other's opportunities By examining the hopes and fears of whites and especially of blacks of various social classes Hochschild demonstrates that America's only unifying vision may soon vanish in the face of racial conflict and discontent Hochschild combines survey data and vivid anecdote to clarify several paradoxes Since the 1960s white Americans have seen African Americans as having better and better chances to achieve the dream At the same time middle class blacks by now one third of the African American population have become increasingly frustrated personally and anxious about the progress of their race Most poor blacks however cling with astonishing strength to the notion that they and their families can succeed despite their terrible perhaps worsening living conditions Meanwhile a tiny number of the estranged poor who have completely given up on the American dream or any other faith threaten the social fabric of the black community and the very lives of their fellow blacks Hochschild probes these patterns and gives them historical depth by comparing the experience of today's African Americans to that of white ethnic immigrants at the turn of the century She concludes by claiming that America's only alternative to the social disaster of intensified racial conflict lies in the inclusiveness optimism discipline and high mindedness of the American dream at its best

Organizational Toxin

Handlers Teresa A. Daniel, 2020-09-04 This book examines the important role of HR practitioners acting as toxin handlers within their organizations and the dangers they face when dealing with toxic workplace emotions caused by difficult organizational decisions such as mergers and acquisitions staff reductions and restructurings Exploring what they do why they do it and the personal and professional rewards created by the work it also examines the dangers that await them in terms of risks to their personal well being In today's world layoffs harassment discrimination personality conflicts or an abusive boss are just a few of the many types of workplace situations that can generate intense emotional pain for employees feelings like anger frustration stress disappointment and even fear Unfortunately these types of events are predictable and somewhat inevitable but it is the way organizations handle them or do not that can create a serious problem for employees The responsibility often falls to HR to help troubled employees reduce their emotional pain so that they can refocus and get back to work as quickly as possible resulting in positive organizational outcomes This book highlights the balancing act that HR must perform of caring for employees and championing their causes while at the same time driving toward organizational goals set by senior leaders The author demonstrates how toxin handlers reduce organizational pain during tough times while also exploring the costs to their own well being Readers will learn to minimize the negative impact of toxic emotions from an organizational as well as individual perspective This book will teach HR professionals strategies about how to anticipate and navigate the organizational toxicity caused by some of the inevitable and difficult people related situations that are likely to

come their way **Mindful Leadership: Emotional Intelligence Collection (4 Books)** Harvard Business Review, Daniel Goleman, Richard E. Boyatzis, Annie McKee, Fran Johnston, 2015-10-13 This digital collection curated by Harvard Business Review offers four books on the topic of emotional intelligence found by bestselling author Daniel Goleman to be twice as important as other competencies in determining outstanding leadership In *Primal Leadership With a New Preface* by the Authors the authors show that great leaders excel not just through skill and smarts but by connecting with others using emotional intelligence competencies like empathy and self awareness The best leaders are resonant leaders individuals who manage their own and others emotions in ways that drive success In *Resonant Leadership* Richard Boyatzis and Annie McKee provide an indispensable guide to overcoming the vicious cycle of stress sacrifice and dissonance that afflicts many leaders and offer a field tested framework for creating the resonance that fuels great leadership And in *Becoming a Resonant Leader* Annie McKee Richard Boyatzis and Frances Johnston share vivid real life stories illuminating how people can develop emotional intelligence build resonance and renew themselves Finally HBR's 10 Must Read on Emotional Intelligence presents 10 articles by experts in the field of emotional intelligence all of which will inspire you to monitor and channel your moods and emotions make smart empathetic people decisions manage conflict and regulate emotions within your team react to tough situations with resilience better understand your strengths weaknesses needs values and goals and develop emotional agility Resonant Leadership Richard Boyatzis, Annie McKee, 2005-09-14 The blockbuster best seller *Primal Leadership* introduced us to resonant leaders individuals who manage their own and others emotions in ways that drive success Leaders everywhere recognized the validity of resonant leadership but struggled with how to achieve and sustain resonance amid the relentless demands of work and life Now Richard Boyatzis and Annie McKee provide an indispensable guide to overcoming the vicious cycle of stress sacrifice and dissonance that afflicts many leaders Drawing from extensive multidisciplinary research and real life stories *Resonant Leadership* offers a field tested framework for creating the resonance that fuels great leadership Rather than constantly sacrificing themselves to workplace demands leaders can manage the cycle using specific techniques to combat stress avoid burnout and renew themselves physically mentally and emotionally The book reveals that the path to resonance is through mindfulness hope and compassion and shows how intentionally employing these qualities creates effective and enduring leadership Great leaders are resonant leaders *Resonant Leadership* offers the inspiration and tools to spark and sustain resonance in ourselves and in those we lead Self-Defeating Behaviors Rebecca C. Curtis, 2013-11-11 In the desert I saw a creature naked bestial Who squatting upon the ground Held his heart in his hands And ate of it I said Is it good friend It is bitter bitter he answered But I like it Because it is bitter And because it is my heart Stephen Crane *The Black Riders and Other Lines* It is the function of great art to purge and give meaning to human suffering wrote Bernard Knox 1982 p 149 in his introduction to *Oedipus Rex* This is done by showing some causal connection between the hero's free will and his suffering by bringing to the fore the interplay of the forces of destiny and human freedom Knox

states that Freud was wrong when he suggested that it was the particular nature of the material in Oedipus that makes the play so deeply moving and not the contrast between destiny and human will Knox believes that this play has an overpowering effect upon us not only because we share the tendency of Oedipus to direct our first sexual impulse towards our mother and our first murderous wish against our father as Freud tells us but also because the theological modification of the legend introduced by Sophocles calls into question the sacred beliefs of our time Knox 1982 pp 133 137

The Protestant Work Ethic Adrian Furnham, 2021-09-23 A comprehensive and explicitly psychological account of the Protestant Work Ethic Includes an insight into the effects of the PWE in the workplace today as well as its future in a changing world

The Psychology of Power Jaap van Ginneken, 2014-11-25 The author tests the hypothesis that hubris and the Bathsheba syndrome tend to affect all top leaders by zooming in on the best known and very highest executives of our own day and age and examines the psychological forces tugging at the top level of political leadership

Personnel Literature United States. Office of Personnel Management. Library, 1987

Self-Handicapping Raymond L. Higgins, C.R. Snyder, Steven Berglas, 2013-11-11 The concept of self handicapping can be legitimately anchored in a variety of intellectual contexts some old and some newer As this volume reminds us Alfred Adler was perhaps the first to articulate the significance of various self defeating claims and gestures for protecting the self concept Thus the apparent paradox of defeat in the interests of protection More recently but still more than 30 years ago Heider's naive psychology added attributional rhetoric to the description of self defeating strategies While predominantly cognitive in its thrust the attributional approach incorporated several motivational influences especially those involving egocentric concerns Heider hardly violated our common sense when he suggested that people are inclined to attribute their performances in a self serving manner the good things I caused the bad things were forced upon me The notion of self handicapping strategies proposed by Berglas and myself a little more than a decade ago capitalized on these homely truths while adding a particular proactive twist We not only make excuses for our blunders we plan our engagements and our situational choices so that self protective excuses are unnecessary In doing so we use our attributional understanding to arrange things so that flawed and failing performances will not be interpreted in ways that threaten our self esteem

Attribution Gifford Weary, Melinda A. Stanley, John H. Harvey, 2012-12-06 This book initially was conceived in 1986 by Weary and Harvey as a revision and update of their 1981 *Perspectives on Attributional Processes* published by Wm C Brown Dubuque Iowa However the extensive nature of recent work on attributional processes and the opportunity to collaborate with Melinda Stanley as a coauthor led to a plan to develop a more comprehensive work than the 1981 book It definitely is an amalgam of our interests in social and clinical psychology It represents our commitment to basic theoretical and empirical inquiry blended with the applications of ideas and methods to understanding attribution in more naturalistic settings and as it unfolds in the lives of different kinds of people coping with diverse problems of living The book represents a commitment also to the breadth of approach to attribution questions epitomized by Fritz Heider's uniquely

creative mind and work in pioneering the area To us the attributional approach is not a sacrosanct school of thought on the human condition It is rather a body of ideas and findings that we find to be highly useful in our work as social JH and GW and clinical GW and MS psychology scholars It is an inviting approach that as we shall describe in the book brings together ideas and work from different fields in psychology all concerned with the pervasive and inestimable importance of

interpretive activity in human experience and behavior *Stay Hungry & Kick Burnout in the Butt* Steven

Berglas, 2018-09-18 One of the foremost authorities on career guidance Dr Steven Berglas shows you how to find passion and renewed energy through your work Most Americans today are frustrated that no matter how much emotional currency they invest in the work they are trying to do well each day leaves them disappointed depleted and distressed Dr Berglas has spent more than 25 years studying this phenomenon while a faculty member at Harvard Medical School's Department of Psychiatry and as an Adjunct Professor at USC's Marshall School of Business He has devoted four decades to helping high earning clients derive psychological rewards from work Berglas clients range from CEOs and other C Level executives to professional athletes lawyers politicians and artists In *STAY HUNGRY KICK BURNOUT IN THE BUTT* Berglas explores what causes people to suffer psychological burnout and how to prevent it Specifically Berglas walks you through a program that enables you to identify passions and harness the energy already within you to fuel psychologically gratifying professional pursuits Debunking common myths Dr Berglas knows there's no one size fits all solution to any psychological problem which is why he will help you identify your core passion and then offer clear actionable advice on how to harness it to live a happier and more fulfilling life guided by purpose **Reputation** Kenneth H. Craik, 2009 This book argues that a network interpretation

of reputation advances our understanding of an essential and inescapable feature of social life and integrates many of its varied facets Craik argues that reputation is not simply a topic for the study of social life Rather it holds the potential to sustain an interdisciplinary field of inquiry in its own right

Adopting the Beat of Phrase: An Mental Symphony within **Success Syndrome Hitting Bottom When You Reach The Top**

In a world eaten by displays and the ceaseless chatter of instantaneous interaction, the melodic elegance and psychological symphony created by the published term usually fade into the background, eclipsed by the constant sound and interruptions that permeate our lives. However, set within the pages of **Success Syndrome Hitting Bottom When You Reach The Top** a stunning fictional prize filled with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that captivating masterpiece conducts readers on a psychological journey, well unraveling the concealed melodies and profound influence resonating within each cautiously constructed phrase. Within the depths of this poignant examination, we can discover the book is central harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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Success Syndrome Hitting Bottom When You Reach The Top Introduction

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