

The Reality-Based Rules of the Workplace  
By Cy Wakeman

Review Quotes

“The best way to be valued at work is to add a ton of value, and Cy Wakeman shows you exactly how to do it in today's fast-moving, technology-fueled workplace. She'll also guide you to getting your MOJO back as an employee. An invaluable tool for those want success at work and at home.”

—**Marshall Goldsmith, *New York Times* bestselling author, *MOJO* and *What Got You Here Won't Get You There***

“I don't know how she topped *Reality Based Leadership*, but she did. This is, simply put, a GREAT book! Every business needs to buy every employee a copy of it.”

—**Larry Winget, *New York Times* best-selling author, *Shut Up, Stop Whining and Get A Life!* and *It's Called Work for a Reason!***

“Cy Wakeman's approach and methodology have made a profound difference with myself and my team. If you are interested in taking back control of your personal business success, read *The Reality-Based Rules of the Workplace*. Every person within an organization can reclaim his or her ability to add significant value, and she will show you how.”

—**John McVeigh, president, O.C. Tanner Recognition Company Limited**

“In *The Reality-Based Rules of the Workplace*, Cy Wakeman reveals that the key ingredient to both high performance and happiness is simple: personal accountability. With a no-holds-barred approach and practical tools, Wakeman helps employees discover a newfound sense of happiness and control in their work.”

—**Kim Ferrarie, SVP, human resources, Air Liquide**

“In *The Reality-Based Rules of the Workplace*, CyWakeman challenges us to take a look in the mirror, give up our self-defeating stories, and accept responsibility for our own success. With her quick wit and compelling stories Wakeman turns doubters into believers who demonstrate their value and find happiness at work. She's the straight-shooting yet empowering mentor you never had.”

—**Dr. Philip Wilner, M.D., MBA, vice president and medical director, behavioral health, New York–Presbyterian Hospital/Weill Cornell Medical Center**

“This book is a must-read for anyone who has ever felt dissatisfied, unappreciated, or fed up with their job. In *The Reality-Based Rules of the Workplace*, Cy Wakeman delivers (with tough love and humor) an incredibly liberating reality-check: you are the cause your own suffering, and only you have the power to end it. Wakeman compels readers to ditch the excuses, take back control of their happiness at work, and discover that the job they've always wanted was there all along.”

—**Chris Powell, EVP, human resources, Scripps Networks Interactive**

