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# Introduction

The authors of this book have diverse backgrounds that together represent over fifty years of accumulated work experience, from first time entry level (paper route, nursing assistant), middle management, to the ultimate: self-employment. Both Kathy Bornheimer and Jeffrey Percival have experienced extreme job satisfaction with great bosses and co-workers. They have also worked for the Monsters and Corporate Wieners, which has cost much stress, as well as loss of mind or hair. They have both been effective, successful department or group managers. Based on these experiences, the authors felt it was important to develop a user-friendly employee handbook for surviving stressful work environments.

The authors are not licensed physicians or trained psychologists, but rather two professionals who are self-aware, proactive in their own careers and experience in dealing with people seeking balance in their lives, careers, and jobs. Over the years, the authors have created and practiced many of the approaches held within this book. Since we also need reminders, we decided to put our ideas into writing to help others become more self-actualized (*"Percivalized"*).

You will find humor, self-assessment exercises, and suggestions to assist in improving employment situations. The purpose of this book is to help you to discover, recognize and then address issues that are specific to you. Then you will be guided to develop solutions unique to those issues. The main focus is "What will you do about it?" and learn how to go after what you want.

Both Kathy and Jeff strive to help develop a proactive, empowered workforce. Those who take ownership and responsibility of their situations can succeed in life satisfaction. Don't settle for what is handed to you. You will only receive what is given to you, not necessarily what you want (or deserve).

Use the "Equation for Satisfying Employment" later on in this book so that you like **what** you do, you like the people you work **for**, you like the people you work **with**, and you're paid what you're **worth**. It is difficult to remove just one item from this equation and accomplish the desired result: **satisfying employment**.

Feel free to skim through the book, read it more closely, and then complete all of the exercise. The success you'll achieve will be influenced by the way you use this material. Much of it is meant to be revisited, used over and over again, and at different stages of your self-assessment. Cheating will not help you. You must be honest with yourself.

Remember, ideas are wonderful ...  
... but worthless until you put them into action!