



Self-Sabotage Syndrome: Adult Children in the Workplace

Janet G. Woititz

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Do you feel overwhelmed by your job? Are you so stressed on the job that you have headaches or stomachaches and can't sleep at night? Do you spend too much of your time thinking and talking about your job? Do you feel responsible for everything that goes wrong at work? Are you loyal to your boss and co-workers, even when they don't deserve it? Do you work well under pressure but have trouble completing long-term projects? Adult children of alcoholics are among any company's most productive and valuable employees -- dedicated, conscientious, capable and eager to please. But if you are an Adult Child and have answered "yes" to most of the questions above, you may be suffering from workaholism, burn-out or other work-related problems. This book shows you what to look for and how to make your worklife more satisfying and effective.

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