

## The New York Times

*Workplace Section*

June 29, 2004

To the Editor:

Re “Fear in the Workplace”: What saddens me the most about bullying behavior is that employees often develop elaborate coping mechanisms to endure it. They hide, laugh, or retreat to “safe groups.”

As a psychologist who specializes in bullying, I can’t help but worry that the stress these victims feel eventually manifests itself at home, on the highway or on the sports field.

I have seen too many adults suffer from pain, stress and depression because of workplace bullies. Sometimes, these victims become bullies themselves, making their spouses and children miserable, and creating the next generation of bullies.

Dr. Joel D. Haber

New York



*Dr. Joel Haber is the leading expert in bullying behavior and the nation's most sought-after anti-bullying speaker. He has over twenty years of experience as a clinical psychologist identifying and counseling corporations and people on bullying behavior and steps to prevent it.*

*Dr. Haber is the author of the internationally acclaimed, *Bullyproof Your Child for Life: Protect Your Child from Teasing, Taunting and Bullying for Good*, published by Perigee/Penguin, and he is also co-author of the new book *The Resilience Formula*.*

*He has served as corporate bullying consultant to major consumer retailers, international technology companies and Hollywood.*

*You can learn more about Dr. Haber's work and retain his professional services at [www.respectu.com](http://www.respectu.com).*

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