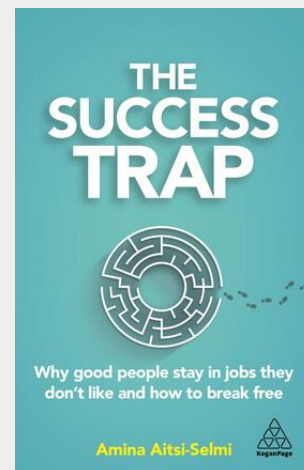


Aitsi-Selmi

## The Success Trap

Why Good People Stay in Jobs They Don't Like and How to Break Free

WINNER: Business Book Awards 2021 - Personal Development & Wellbeing Do you feel trapped in a toxic work culture? Or stuck in a job you're great at, but that you don't actually like? Why do good people stay in bad jobs for so long? The Success Trap answers all these questions - and shows you what to do about it. An estimated 80% of individuals in the western workforce want to change job - if you're one of them, then this book will enable you to understand why, help you reconnect with what's really important to you, and provide practical tips and tools to empower you to take control of your own career. Written by specialist coach and consultant Dr Amina Aitsi-Selmi, this book builds on her years of experience as a physician, in healthcare policy, and coaching and consulting with hundreds of individuals and organizations. Combining her personal expertise with scientific research - including Google's Project Aristotle and the Global Happiness Council's Workplace Wellbeing report - it provides insights and useful takeaways you can use in your own work life. Don't stay stuck in a job you hate - let this book help you escape The Success Trap.



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