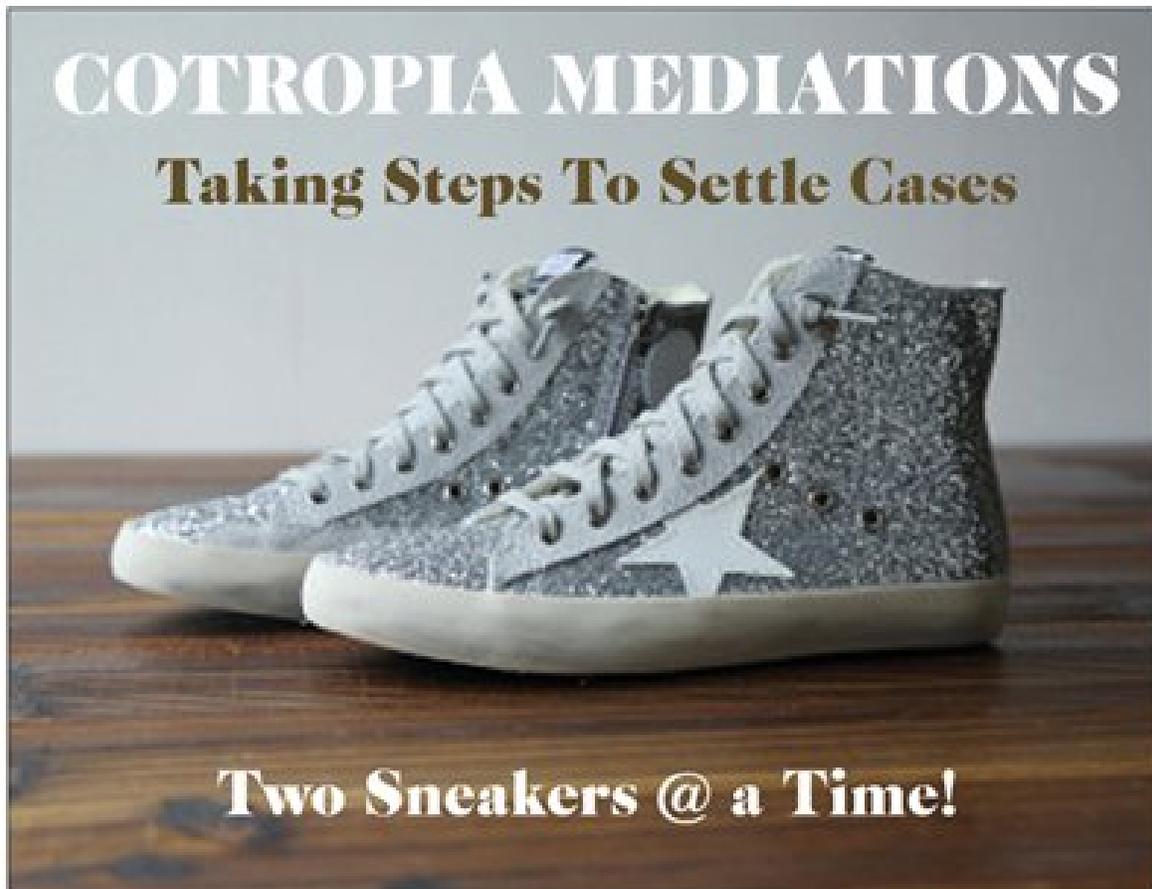


NEWS YOU DIDN'T KNOW YOU NEED

2018, Issue 1

Carla Cotropia



What's in This Newsletter?

Carla's Thoughts of the month

Quote of the Month

Funny Video of the Month

Selected Articles

Do You Remember the Whole Earth Catalog? - Blog Post

How to Deal With Difficult People - Blog Post



Carla's Thoughts of the Month

Quote of the Month

"The only way to get rid of temptation is to yield to it. I can resist everything but temptation."

- Oscar Wilde



Laugh of the Month

Courtesy of my sis, the tired mother of three young kids.

Do You Suffer from PAR*ENT*ING?

[Click here to watch video.](#)



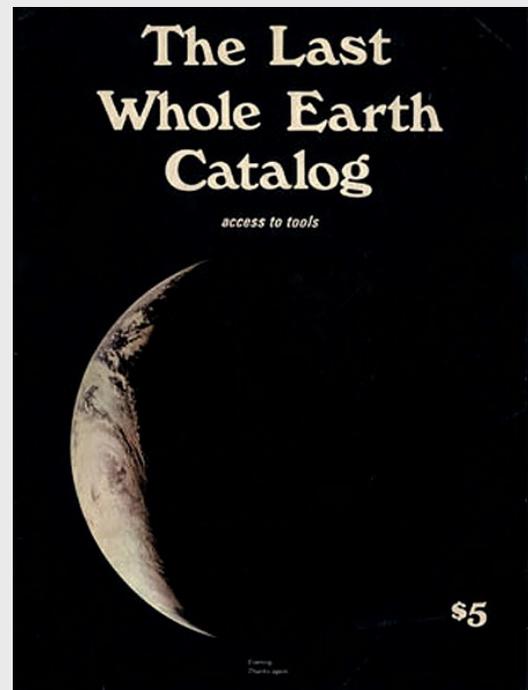
DO YOU REMEMBER THE WHOLE EARTH CATALOG?

Carla Cotropia

The Whole Earth Catalog was the brainchild of Stewart Brand. It was an oversized catalogue with a picture of the earth on the cover. Brand found out that NASA had a satellite photo of the earth, as seen from space, but had never released it. Brand pressured NASA to release the photo and it became the cover of the Catalog. Brand felt the image would be a powerful symbol that we share a common destiny.

I remember spending/wasting countless hours looking at the Catalog while different colored candles dripped from a chianti bottle. Sounds elegant, doesn't it? Well, that was a popular past time in the early 70's.

Stewart Brand was interviewed recently in one of Tim Ferris' postcasts. This interview



made me start thinking about the Whole Earth Catalog. Although I spent countless hours looking at it, I shouldn't admit this, but I didn't really remember anything about it. My copy was long gone, so I ordered a used one from Ebay.

My copy of the "Updated Last Whole Earth Catalog-Access to Tools", was published in May of 1974. The original price was \$5.00, current Ebay price was \$45.00. The Catalog contains references to different books. It was all about survival.

The Whole Earth Catalog is arranged by topics, such as Land Use, Shelter, Industry, Craft, Community, Nomadics, Communications and Learning. In each section, it lists books you could order. Here are some examples:

"Stalking the Healthful Herbs" by Euell Gibbons, cost \$2.95;
"Dairy Goat Guide", cost \$3.00;
"Horseshoeing", cost \$6.00;
"Designing the Geodesic Dome", cost \$4.20;
"Simplified Carpentry Estimating", cost \$6.95;
"Handbook for Building Homes of Earth", cost \$3.00;
"Direct Use of the Sun's Energy", cost \$1.95;
"The Ashley Book of Knots", cost \$16.95;
"Survival Evasion and Escape", cost \$6.05;
"Outdoor Survival Skills", cost \$4.96;
"Literary Essays of Ezra Pound", cost \$3.25;
"Jonathan Livingston Seagull", cost \$1.50.

I will stop there, but you can see how you could lose yourself in this Catalog. Wonder what the 2017 version would look like?

HOW TO DEAL WITH DIFFICULT PEOPLE AT WORK

Carla Cotropia

We all know difficult people, and many work with them. Hopefully we don't live with them, but we probably are related to some. How do you deal with difficult people?



Let's describe them first. Names have been changed to protect the innocent.

Abrasive Ann:



This personality type is irritating but not because she is trying to be a problem. Rather Abrasive Ann is one of those unfortunate people that are just naturally abrasive. Abrasive Ann has no idea that she is abrasive. She means well but her delivery, i.e. voice tone and words are so abrasive, her coworkers shut her out. One might say she "hurts the ears". Abrasive Ann doesn't understand the concept of "warm and fuzzy" and has no idea how to incorporate

"warm and fuzzy" into her lifestyle.

To be blunt, she gets on the other employee's nerves.

Pity Party Pat:



Pity Party Pat, PP Pat for short, always has a reason why he can't comply with the company rules. He worked all night so he can't possibly comply with his company's absenteeism rules. Just because the other co-workers can comply with the rules, means they are not as busy as he is. PP Pat undermines his co-workers' morale. If he can get away with not following the rules, why should they?

In Outer Space Sandy:



In Outer Space Sandy, also known as La La Land Sandy, somehow manages to be unaware of what is going on around her. She can't be held responsible for not cooperating, failing to follow the rules, or being no help whatsoever to her co-workers, because she wasn't aware that there was a need/problem. "Wow!", La La Land Sandy will say, "I didn't realize there was a problem." La

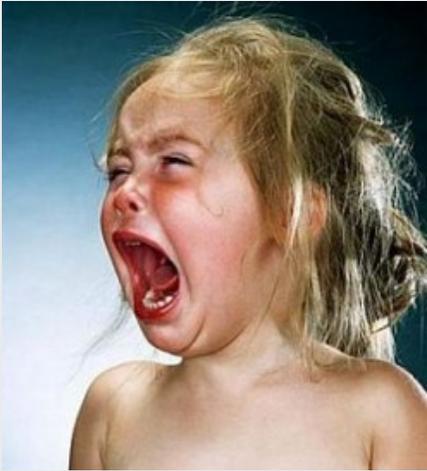
La Land Sandy didn't realize the office was on fire, otherwise she would have helped. La La Land Sandy's co-workers are thinking, "Why does the boss let her get away with this? She needs to wake up. I bet she doesn't act like this when she is alone."

Secretive Seth:



Secretive Seth is the employee that everyone thinks is weird/odd, so they excuse his behavior because he is weird/odd. No one knows what Secretive Seth is doing but he must be doing something important because the boss lets him get by. If you ask Seth what he is doing-that no one can see- he will revert to a Pity Party Pat and overload you with details of "everything" he is doing.

Her Way or You Get an Emotional Outburst Helen:



Her Way Helen will always jump to conclusions if she doesn't get her way. She interrupts her co-workers. If her ideas are not accepted as the best, she will take it personally and pout or worse, get emotional. Her co-workers don't take her seriously because they know she is so volatile emotionally. Even if she had a good idea, they would not hear it because they are so used to her being an emotional mess.

Passive Aggressive Paul and his brother Passive Aggressive Peter:



Passive Aggressive Paul and Passive Aggressive Peter subject their coworkers to constant misery each in their own way. Passive Aggressive Paul will make put-down comments to his co-workers and then say he was just kidding. P.A. Paul says, "Hey, it was just a joke!" The only problem is-the joke is on you. P.A. Paul is aggressive in a put-down way, disguised as friendly. Don't buy it for a second!

His brother Passive Aggressive Peter works in an even more subtle way. P.A. Peter just expects or demands things then refuses to respond if you have a question. P.A. Peter ignores your emails and calls. If you complain to him, P.A. Peter will just say he is so busy he didn't have time to respond. The result-his time is more important than yours. Too bad if you waste your time trying to get him to respond. That is your problem not his.

HOW DO YOU WORK WITH THESE PEOPLE?

1. You Can't Change Them So Don't Even Try.

If you try to change them, you will be frustrated. Killing them is not an option. If you can leave, get out. If not, it may help you tolerate them, if you understand them.

Abrasive Ann just doesn't realize how abrasive she is. When you find her irritating, remind yourself she doesn't mean it. Congratulate yourself that you were not born with that type of personality.

Pity Party Pat is undisciplined and perhaps lazy. The reason he can't follow the rules is because of his bad habits. If you are the boss, make him follow the rules. If not, just know his life is also out of control.

In Outer Space Sandy was probably spoiled as a child. She gets away with being in La La Land because she can. If she had to survive by being aware of her environment, she would perish. Again, just be glad you don't live with her.

Secretive Seth has something going on in his life that you DON'T want to know about. There is a reason why he is secretive. You will open Pandora's Box if you push him or try to figure out what he is doing. Some things are better off not knowing. Again, just be glad you are not like him.

Her Way Helen is an emotional mess. She doesn't have control of her emotions. She means well and you need to overlook her emotional outbursts. Don't let her push you around but most likely she is remorseful after she losing her emotional self. Be glad you are not an emotional mess like Helen.

Passive Aggressive Paul and Passive Aggressive Peter are, at their core, angry people. They take their aggression out on others in subtle ways, so in their minds, they don't look bad. Actually, they do look bad and people don't like working with them. The only ones that they are fooling are themselves. Try to avoid them if you can. Beneath the surface they can be volatile.

2. Learn how to prevent these Difficult People from robbing your energy and bumming you out. You can silently pity them, laugh at them or best of all remind yourself that you don't are not them. Thank your lucky stars for that. Don't take them personal but don't let them rob you of your positive day. Repeat back to them what they say to you, so hopefully they see how ridiculous they are. Stand up for yourself, but don't feed into their insecurity by fighting with them. Leave work and hug your kids or your dog.

3. If you are the boss of these Difficult People, you have the ability to protect the rest of the group. You have the power to do something about these Difficult People and you should. You owe it to the rest of the group.

Before you go make sure you are not an office jerk by taking this test.

[Click here to take the test!](#)

WEEKLY HEALTH QUIZ

The New York Times:

The Weekly Health Quiz:

Cellphones, Hangovers and Flu Emergencies

Test your knowledge of this week's health news.

[Click here to take the quiz!](#)



Taking Steps To Settle Cases 2 Sneakers @ A Time

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