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The PITA Principle: How to Work With (and Avoid Becoming) a Pain in the Ass

Robert Orndorff, Dulin Clark

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Through entertaining scenarios and real-life situations, *The PITA Principle* describes the different kinds of PITAs (Pain in the Ass) at work and how to cope with each. Readers are provided with a positive scenario for each type of PITA, showcasing techniques for working with this personality type. Readers then engage in a self-evaluation process, identifying their own PITA tendencies. Finally, the authors identify ways to improve upon various self-identified PITA characteristics through a cognitive-behavioral approach to change.

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