



Media Story Ideas and Article Topics

Based on Linda Swindling's book

Stop Complainers and Energy Drainers: How to Negotiate Work Drama to Get More Done
(Wiley, 2013)

The Top 5 Ways to Stop a Complainer

The Top 10 Reasons to Stop a Complainer

Why Whiners and Complainers Won't Win

How to Convert Complainers to Contributors

How to Weed Out the Whiners in Your Office

Why Do People Think You're a Whiner...And What to Do About It

What Complainer Type Are You: Five Complainer Types that Drive Everyone Crazy

Why You Should Complain and How to Do it Right

Are You Suffering from Complainer Fatigue: How to Determine if the Office Whiner is Bringing You Down

Why 73% of People Will Turn Down a \$10,000 Annual Raise and Why You Should be Worried about It

Could You Be a Complainer?

The Cost of Complainers

Stopping a Culture of Complainers

Surviving a Toxic Boss

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