





**Bitch**

**Bitchy**

**Bitchiest**



## Foreword;

After falling down on my face many times, I decided that it was time to start listening to me, myself and I. Surprisingly the moment I stopped listening to everyone around me, my life and career moves slowing started changing for the better.

Yes, I fell on my face time after time and I made mistakes, but success never comes without learning. Whilst other may laugh at your failures, you yourself must learn to stand strong and let them laugh. Know that through endurance that your failures will eventually lead to greatness.

Let others gossip and whilst they waste time laughing and gossiping, climb your ladder in secret. Never give up. Never listen to the voice of others who have failed. Just believe in yourself and keep toiling. I had days and years in my lifetime pass me by, where I just felt like giving up, yet something inside of me couldn't. I have been to hell and back and I am still fighting.

How do you recognize a hidden bitch and who's your friend or who can you trust in the sharks pool (the office) or at work. This is your guide on how to survive office bitches.

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## **1. Getting to know yourself**

**I'll never forget the argument that once occurred on the school grounds of my comprehensive school in England. Two teenage girls were arguing when one shouted to the other, "You bitch"! The other stared at her with a surprised and slightly bewildered look as she called out, "Well it takes one to know one".**

**Thinking back now her answer was the best answer ever, because by knowing your true inner self and by coming to terms with yourself you can learn how to read others like a book. And no matter what people say or how much they may contradict certain things, you can read about 80 percent of someone's personality without them even knowing. Now some people are wired differently that's true and some people are harder to read, but the majority of people including us women are wired the exact same way. Many of us do not realise this, because the majority of us act different and are bought up differently.**

**What it comes down to is that it doesn't matter if you prefer casual over classic clothing, have different interior designs, hang out with different crowds etc. Take off the designer clothes, take away the style, take away the way you profile yourself to the outside world and what's left? Yes, the pure essence of a woman in her natural being.**

**We tend to overlook the fact that apart from our own special identities which every woman luckily possesses, we are uncannily one of a kind. Is what I'm saying making sense or sinking in? Just take into mind that if you were to gather together a thousand women of all walks of life, remove their clothing, make-up, weaves and extensions and even plastic surgery and have them stand together stark naked on a football**

**field, the majority of all these women will not be bothered about class, style or education, but of the bare and deeper truths that lie within.**

**We all have our periods and without knowing it many of us share the same fears. You see what we women do not see on the outside we all know that we possess on the inside. Therefore in order to know others you must learn to know yourself first. Don't think that you're a smart ass who can just suss people out, because if you are not honest to yourself and have in fact been lying to yourself for years then there is absolutely no way of knowing if your female opponent has it in for you or not. You will always be left in the dark, guessing.**

**How then do you go about learning to know yourself? Start telling yourself, 'The truth, the whole truth and nothing but the truth'. Women of all walks of life with the emphasis on 'all' have come to me for help and 'no' not because I had studied psychology, because I didn't complete it. They approached me because women instinctively felt that I was an open, empathetic person, and even though I had a bitchy side they sensed that I could understand them and the majority stated that I had what one would call an 'open character'.**

**For nearly an entire lifetime and up till this present day I have spent time listening, talking, helping and guiding women with every problem you could imagine possible, and I will take hundreds of secrets into my grave. On the outside not one of these women looked alike neither did any of them display the exact same behaviour. Some were highly educated and others didn't even finish school. When it comes down to it we all need love, understanding and a good place in our lives whether we act like diva's or not. To know yourself you must dig deeper into your past. Every skeleton in every closet must be stared in the face. Every nightmare or heartache must be dealt with.**



**Many woman prefer to live in the present and living in the present is good if you have already dealt with a bad past. If you didn't have a bad childhood, relationships or past then living in the present is great.**

**For the rest of you, please quit listening to the woman who has it all and isn't able to understand pain because she never went there, because she will NEVER be able to understand what it takes to lead you out of your darkness and into your greater power. Her power was given to her on a silver spoon and you have to fight for yours. It is good to have positive thoughts, but positive thinking by itself will not drag you out of a huge pit of shit, if you haven't dealt with the demons that dwell alongside you in your pit.**

**You can't protect yourself by lying to yourself, because lying is what I call fake strength and it cannot withstand the blow of true life and believe me whether privileged or not we all will have to face the blow and sorrows of life sooner or later. By constantly lying to yourself you will eventually weaken your most precious mental state, and when later on in life "The shit hits the fan" you will not be able to withstand hardship even if you think you can. I have witnessed many women who for example, stayed in bad relationships because they needed the extra money or were afraid to be alone. Once they had gone through menopause they became bitter and depressed and NO not because of the hormonal changes, but because they now realised that life had crept by whilst they were anticipating. They could have stood up and fought, they could have been single mothers with great pride, they could have had a harder struggle in life and they definitely could have achieved greater goals.**

**Knowing that time has caught up with you and that you are unable to change events, is most destructive to the mind, even to the point of depression and for this reason I call on all women to wake up and**

**unleash their inner bitch before it's too late. Not all women will take my words to heart, because to be quite honest some women are programmed to stay just the way they are and that's just fine.**

**On the other hand there are many woman out there who want to change and become someone or achieve something, but they just need a little push. These women have great potential, but lack a certain amount of knowledge on how to get where they want to go. The knowledge is only lacking because they don't really know who they are and how much potential they possess. Knowing and admitting who you are is one of the largest power boosters ever, and that is why it is essential for women to know their inner selves.**

**Getting a diploma isn't the problem here, because when you put your mind to it you can achieve that goal, and all you really need to do is discipline yourself and do some time management to get the studying hours into your daily schedule. Getting ahead in the office or what I like to call the 'Sharks Pool' or 'Arena' can be the biggest setback for some women, because many women can't take the bitching and backstabbing that goes on, so after years of experience I decided to come up with solutions and ways to get myself through the bitches snares so that I could successfully obtain my own goals. Be honest to yourself ladies. I mean for whom are you working, for boss or for your colleagues?**

**If your job is a place where you wish to socialise, make friends and make your colleagues happy, then by all means go ahead and do so. If you plan to move up in the company it would be wiser to be friendly, but not too social. Out of all of the companies that I worked for and out of all of the colleagues that I ever knew, only two became good friends so please bear this in mind.**

**The über bitch doesn't suck up, she doesn't gossip, she doesn't go with the flow to be liked. She is polite, stands her ground and is capable of being herself on the job. Her superiors favour her. Her colleagues don't.**

**Being a bitch means standing up for yourself and going for certain goals in your life which do not necessarily have to be in the office or at work. Putting others in their places when necessary is essential yet the über bitch will know how to do this with the softest voice accompanied by an even sweeter smile. Make yourself happy and learn how to go for your own goals. Learn to stand up to the smaller bitches and become the über bitch.**

**How you deal with knowing yourself or certain others is simple. Just look at the following examples;**

- 1. "My boyfriend just broke up with me and I really couldn't care" is a lie. To lie about not having feelings is one of the greatest weaknesses a woman can possess. Feelings are what we women and humans are about. You needn't cry for nights on end but its okay to let people know that you too have feelings, but don't splash them around every day because nobody is waiting for that. You can be a powerful woman in the office or in your own business and still show your feelings every once in a while, but in business it is best to show them in a more subtle and moderate way. Showing feelings is not a weakness it is a strength from which one can derive a greater strength.**
- 2. "That bitch at the office can take the job and I most surely won't lose any sleep over it, because I didn't really want the job anyway" is a lie. You desperately wanted the job but have**