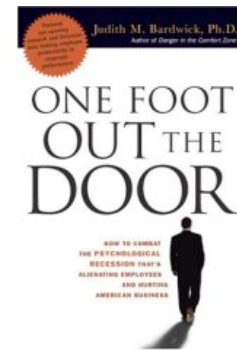


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## “One Foot Out the Door” chosen as the #1 Human Resources/Organizational Development Business Book of 2007

La Jolla, CA –The editors of The CEO Refresher, published by refresher publications inc., on April 7<sup>th</sup> announced their Best Books of 2007 and included *One Foot Out the Door: How to Combat the Psychological Recession that's Alienating Employees and Hurting American Business* among their books valuable for CEO's to read. In the March 15, 2008 issue of *Library Journal*, Judith M. Bardwick's book *One Foot Out the Door: How To Combat the Psychological Recession That's Alienating Employees and Hurting American Business*, (AMACOM ISBN 978-0-8144-8058-8) was named one of Library Journal's Best Business Books for 2007. On January 15, 2008 **800-CEO-READ**, a leading direct supplier of books and book-based resources to corporations and organizations, announced the winners of its first annual 800-CEO-READ Business Book Awards. In the 2007 Category Winners, **One Foot Out the Door** by Judith M. Bardwick, Ph.D. was named the Best Business Book in the Human Resources/Organizational Development category. In *One Foot Out the Door*, Judith Bardwick answers questions that have long troubled managers and CEOs regarding employee, and therefore company, performance. As many as two-thirds of American employees are either actively looking for new jobs, or are merely going through the motions at their current jobs. Fearful and feeling vulnerable after years of watching friends get laid off, they expect the worst to happen, and they see no reason to give it their all. This phenomenon, identified by Bardwick as “the psychological recession,” can have a devastating effect on your company's financial health.

Based on extensive research showing how costly bad management really is, this book will show you how to gain high levels of commitment and engagement, the keys to success. Using hard numbers and current studies that prove the direct connection between a company's financial performance and its employees' commitment, Bardwick offers concrete prescriptions for combating alarming trends such as high turnover, low productivity, and lackluster performance. You can:

- Strengthen the bonds of mutual trust and respect between your managers and employees
- Customize working conditions and rewards for individual employees.
- Increase individual and organizational success by hiring people who are a “best fit” between your organization's core culture and the personal qualities and priorities of the individual.

*Judith M. Bardwick, Ph.D. is a writer, speaker, and management consultant. She was a professor and associate dean at the University of Michigan, and has served as a clinical professor of psychiatry at the University of California, San Diego since 1984. Her previous books include the national bestseller *Danger in the Comfort Zone*. She is a fellow of the American Psychological Association and the Society of Fellows at the University of Michigan. For further information, please visit [www.judithmbardwick.com](http://www.judithmbardwick.com) or email: [jmbwick@san.rr.com](mailto:jmbwick@san.rr.com).*