



GOING POSTAL... The tip of the iceberg by **Al Ainsworth**
True Stories & Tragedies in the Everyday Lives of our Letter Carriers and Clerks

"Al Ainsworth's case histories point out the conflict between labor and management...all too often a goal is sought by management at the expense of good labor management relations.

"Hopefully Al's book will be read by people who can change the way things are done now."

Richard Muller, J.D.

"Going Postal is a landmark book that is destined to trigger important changes in the US Postal Service. The starting point for making things better always starts with a tough-minded look at current conditions. Al Ainsworth's courageous, informative document does that. Going Postal is essential reading for anyone wanting better working conditions in the US Postal Service."

Al Siebert, Ph.D.
author of **THE SURVIVOR PERSONALITY**
and Director of The Resiliency Center

"Mr. Ainsworth has performed a valuable service in bringing the problem of toxic work environments to our attention through the compelling stories of those who have suffered. He is to be commended for his efforts to help employees find positive coping methods instead of feeling like helpless victims."

"His book should be a must-read not only for USPS employees, but for any employee who has suffered from a toxic work environment."

Dr. Alexis Artwohl, co-author of
DEADLY FORCE ENCOUNTERS

GOING POSTAL II....STILL FIGHTING FOR DIGNITY IN THE WORKPLACE

by **Al Ainsworth**

More True Stories & Tragedies, Nebraska Steward Fired, Book Banned & Letter Carriers Picket in Dallas, TX

includes chapters on:

- Voice of the coerced employee: How the Postal Service manipulates employee opinion.
- The daily grind: The daily obstacles created by abusive and disrespectful supervisors and managers.
- Breaks aren't what they used to be: Management's compulsive behavior to crunch the numbers.
- You're only filing this grievance because: Another example of management's continued lack of compassion and understanding.
- Documenting an abusive manager: A how-to approach to help document an abusive manager's behavior.

Going Postal..The Tip of the Iceberg (16.95) and *Going Postal II..Still Fighting For Dignity in the Workplace* (\$20) are still available at the reduced price of \$25 for both books, includes priority mailing.

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