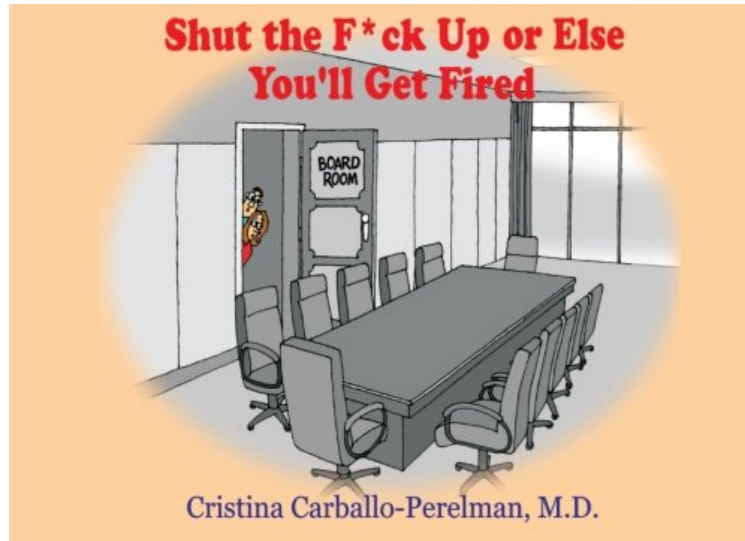


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## Shut the F\*ck Up or Else You'll Get Fired

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**M.D., Cristina Carballo-Perelman : Shut the F\*ck Up or Else You'll Get Fired** before purchasing it in order to gage whether or not it would be worth my time, and all praised Shut the F\*ck Up or Else You'll Get Fired:

0 of 0 people found the following review helpful. FANTASTIC COURAGEOUS BOOK!!!By Gary WisnerDr. Carballo-Perelman is so honest, and this book is a must for everyone who cares about the feelings of our daughters, sisters, and mothers. This author is so courageous to share such personal tragedy, and I feel her use of humor makes this a perfect book for us all. This book is the best short story I have ever read.0 of 0 people found the following review helpful. The title says it all...By CustomerSometimes the best thing you can do when life blindsides you is laugh really hard. This funny read will strike a familiar chord with any employee who has experienced a job that they love degrade into an intolerable environment of company politics and purpose gone amuck.

Shut the F\*ck Up or Else You'll Get Fired, is a humorous, adult rhyme book that is meant to poke fun at the conditions employees often work in within soulless corporations. It also gives hope to those of you who find yourselves in similar situations, that despite the frustrations you experience, there are better options in other, more socially responsible corporations. The author has experienced, first-hand, what it feels like to get fired for challenging the status quo. This book was her cathartic response to the traumatic experience. It also is a great companion to her other book, Fired: Challenging the status Quo and the Aftermath, a more detailed, self-help, how-to book on developing a better working relationship with your employer as well as navigating the grieving and renewal process, if indeed you are fired. Shut the F\*ck Up or Else You'll Get Fired would make a great gift for those who are just starting their careers and newly hired. Please take to heart the message found at the end. Enjoy!

About the AuthorCristina Carballo- Perelman, M.D., has been a neonatologist for almost 30 years. She and her female colleagues have experienced first-hand many of the misperceptions concerning the capability of women in the workplace. She has seen how society as a whole continues to devalue women both in their careers and at home by

placing greater value in beauty over brains. She has also experienced the opposite at home, where her marriage to another physician, is rooted in respect and equality Her passion to write this book derives from wanting to help the next generation of women, in the throes of popular culture, find a better way. Her aim is to empower women, not make them into "little men". By doing so, she hopes to accelerate the overall equality of the sexes in all areas of life. She lives in Scottsdale, Arizona with her husband, two dogs and a cat. Her daughter has graduating from college, aiming towards a degree in healthcare.