



# Sexual Harassment: A Practical Guide to the Law, Your Rights, and Your Options for Taking Action

*Jane LaLonde, Tracy O'Shea*

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**At last a practical and thorough sourcebook for anyone faced with the ordeal of sexual harassment.**

*Until two years ago, we were two ordinary working women with career goals and bright futures...Then suddenly everything changed. We encountered a situation we never thought would happen to us--we became victims of sexual harassment.*

While sexual harassment is increasingly in the headlines, it remains a confusing, isolating ordeal for the individuals whose lives it affects. In addition to the feelings of powerlessness, anger, and fear it often instills, a woman (or man) who is being sexually harassed is faced with a maze of professional, legal, and personal decisions. This book, written by two women who conducted intensive research in order to find their way through the maze, offers a lifeline of information and a safety net of support. With a balanced point of view and generous checklists, examples, and personal narratives, the book covers:

Legal and practical definitions of what sexual harassment is--and not

Whether and how to file a formal complaint

Whether to hire a lawyer and what to expect from the legal process

What retaliation is and how to fight it

How to deal with the emotional stress, invasion of privacy, and career changes that often result from being sexually harassed

This indispensable book sheds light on a difficult and little-understood problem.

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Now a day folks who Living in the era everywhere everything reachable by connect to the internet and the resources within it can be true or not demand people to be aware of each info they get. How a lot more to be smart in having any information nowadays? Of course the correct answer is reading a book. Reading a book can help individuals out of this uncertainty Information especially this Sexual Harassment: A Practical Guide to the Law, Your Rights, and Your Options for Taking Action book since this book offers you rich data and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it you know.

#### **Donald Hidalgo:**

Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they doing activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could be reading a book can be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to test look for book, may be the reserve untitled Sexual Harassment: A Practical Guide to the Law, Your Rights, and Your Options for Taking Action can be great book to read. May be it might be best activity to you.

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What is your hobby? Have you heard this question when you got pupils? We believe that that concern was given by teacher to their students. Many kinds of hobby, Every person has different hobby. And you also know that little person including reading or as studying become their hobby. You should know that reading is very important along with book as to be the thing. Book is important thing to increase you knowledge, except your own teacher or lecturer. You discover good news or update about something by book. Numerous books that can you choose to use be your object. One of them is actually Sexual Harassment: A Practical Guide to the Law, Your Rights, and Your Options for Taking Action.

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