

Bad boss may be making you sad, lazy and fat

By Ana Swanson, Washington Post

Bad bosses can add to your stress, diminish your creativity, and even threaten your health.

One head chef had a bad habit of throwing knives around the kitchen, in the direction of people that made him angry. Another woman's boss told her coworker she couldn't take a personal day to bring her dog to the emergency vet "because dogs are replaceable." Yet another boss was caught shaving time off of his employee's time cards and banking it into his own for a bigger bonus.

These are just some of the stories from a reddit thread about horrible bosses in which employees share their stories of angry, disrespectful and generally incompetent bosses.

These poor employees aren't alone. A huge number of people have had a bad boss at one point in their lives. Various polls of workers have shown that between 13 and 36 percent of U.S. workers report having had a dysfunctional manager, and 98 percent have reported experiencing uncivil behavior at work.

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