

Stilton Literary Agency



The 10-day cure for office gossip

Original title: 10-dagerskuren mot baksnakking på jobben
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Non-Fiction / Management, work life
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Full Norwegian pdf, English material soon available

Per Henrik Stenstrøm

Per Henrik Stenstrøm (b. 1966) has led a number of creative environments in industries full of prima donnas and experts. He has 25 years of management experience from the media industry and knows a lot about dealing with difficult employees. In recent years, he has lectured on the topic in more than 500 workplaces. Stenstrøm is a trained journalist with a background as a radio and television presenter.

Other titles

When your boss is an idiot (2025)
Annoying Colleagues and How To Deal With Them (2021)

Backbiting at work isn't just harmless chatter. It is a workplace issue—and sometime our biggest corporate sport!

Why do we talk behind someone's back? What does it do to the work environment? When does it become destructive—and how do we stop it without policing other people's moral? The "10-Day Cure" gives every employee a specific task for each workday over a two-week period. The goal is to make it easier to catch yourself, address issues directly, and contribute to a more open and honest psychosocial work environment. The cure is simple to follow, but can make a huge difference. A handbook for anyone who wants to understand, prevent, and stop backbiting at work—whether you are a manager, work in HR, serve as a safety representative or union representative, or are simply a colleague who cares about how people speak to one another at work. This book combines psychological insight with concrete tools to create a better psychosocial work environment. You will laugh, recognize yourself in the scenarios—and perhaps think twice the next time you say, "This will be between us."