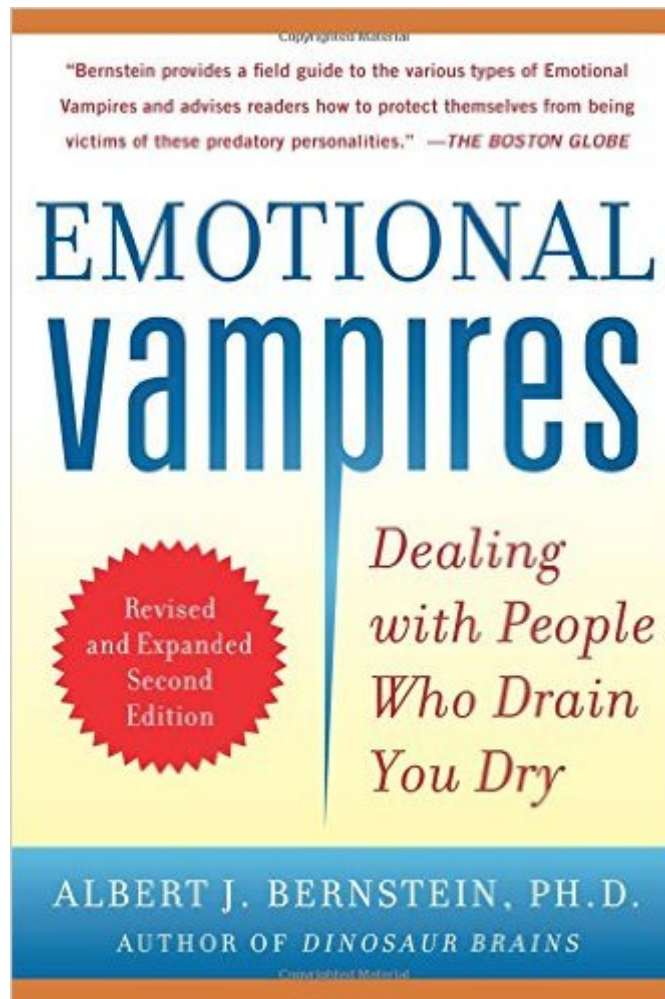


The book was found

Emotional Vampires: Dealing With People Who Drain You Dry, Revised And Expanded 2nd Edition



Synopsis

Protect yourself from people who take undue advantage and suck the energy out of your life. Emotional Vampires will help you cope effectively with the people in your life that confound you, confuse you, and seem to sap every ounce of your energy. Bestselling author Dr. Al Bernstein shows you how to recognize each vampire type--antisocial, histrionic, narcissists, obsessive-compulsives, paranoids--and deal with them effectively. He uses many examples from the latest news headlines, which will help you distinguish between the types and deepen your understanding of each one. In response to the daily calls and emails he got about the previous edition of this book, Dr. Al Bernstein has added his advice for dealing with those emotional vampires who come in the shape of spouses and lovers, relatives, and children. Dr. Bernstein shows you how to deal with each vampire type and what you need to do to keep from getting drained.

Book Information

Paperback: 272 pages

Publisher: McGraw-Hill Education; 2 edition (June 15, 2012)

Language: English

ISBN-10: 0071790950

ISBN-13: 978-0071790956

Product Dimensions: 6.1 x 0.7 x 9 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (125 customer reviews)

Best Sellers Rank: #22,028 in Books (See Top 100 in Books) #33 in Â Books > Business & Money > Management & Leadership > Negotiating #112 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #149 in Â Books > Business & Money > Job Hunting & Careers > Guides

Customer Reviews

Berstein outlines various categories of emotional vampires and links them to a personality disorder. Examples of the different personality disorders varied from extreme, perhaps intentionally exaggerated, to over-simplified. My review is about the narcissists, since that was the personality disorder in which I was interested. All the other personality disorders, he made seem as if they were self-defeating, no need to pay them much mind, in my opinion. Bernstein talked about different types of narcissists, which I began to feel was from a less empirical source and a more personal one, particularly the Narcissistic super star, whom he regarded quite highly. He seemed to be writing a

manuscript on how to deal with a (super star) narcissist in a way that I believe a narcissist would like to be dealt with, but not necessarily healthy for the non-narcissist. For example, he talked about narcissists being behind the success of today -- without success there is no narcissist and vice versa. The appropriate ways to deal with a narcissist then is to compliment him frequently, only align your needs with his, and then present all your desires in that fashion -- most literature describes this way of interacting with a narcissist in a mockingly fashion, like: if you are with a narcissist, be prepared to make it all about him, deny your own needs, have no sense of self, etc. (like you get the feeling that THIS way of interacting with a narcissist is masochistic, wrong) -- but he meant it literally as advice.

[Download to continue reading...](#)

Emotional Vampires: Dealing with People Who Drain You Dry, Revised and Expanded 2nd Edition
Dealing with People You Can't Stand, Revised and Expanded Third Edition: How to Bring Out the Best in People at Their Worst
Dealing With Difficult People: Get to Know the Different Types of Difficult People in the Workplace and Learn How to Deal With Them (How To Win People, How To Influence People)
Gentlemen Preferred Dry Flies: The Dry Fly and the Nymph, Evolution and Conflict
Dealing with People You Can't Stand: How to Bring Out The Best in People at Their Worst
Love and Logic Magic: When Kids Drain Your Energy (Parenting with Love and Logic)
The Chicken Health Handbook, 2nd Edition: A Complete Guide to Maximizing Flock Health and Dealing with Disease
Incredible 5 Point Scale: The Significantly Improved and Expanded Second Edition;
Assisting Students in Understanding Social Interactions and Controlling their Emotional Responses
Perfect Phrases for Dealing with Difficult People: Hundreds of Ready-to-Use Phrases for Handling Conflict, Confrontations and Challenging Personalities
Powerful Phrases for Dealing with Difficult People: Over 325 Ready-to-Use Words and Phrases for Working with Challenging Personalities
In Sheep's Clothing: Understanding and Dealing with Manipulative People
Buffy contre les vampires Saison 9 T03: Protection (French Edition)
Autumn Fantasy Coloring Book - Halloween Witches, Vampires and Autumn Fairies: Coloring Book for Grownups and All Ages!
Manga for the Beginner
Midnight Monsters: How to Draw Zombies, Vampires, and Other Delightfully Devious Characters of Japanese Comics
Whimsical Halloween Coloring Book: Witches, Vampires Kitties and More!
Encyclopedia Horrifica: The Terrifying TRUTH! About Vampires, Ghosts, Monsters, and More
Setting Limits with Your Strong-Willed Child, Revised and Expanded 2nd Edition: Eliminating Conflict by Establishing CLEAR, Firm, and Respectful Boundaries
1001 Great Ideas for Teaching and Raising Children with Autism or Asperger's, Revised and Expanded 2nd Edition
Northern Shadows: An Illustrated Guide To Canadian Vampires
Night's Dark Masters: A Guide to Vampires

(Warhammer Fantasy Roleplay)

[Dmca](#)