

Emotional Vampires Albert J Bernstein

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Emotional Vampires Albert J Bernstein

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.

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Amazon.com: Emotional Vampires (0889290337610): Albert J ...

Best-selling author Albert J. Bernstein helped thousands of people deal with the dangerously stupid at work in Dinosaur Brains. In Emotional Vampires he goes even further to protect unsuspecting mortals from more devious and harmful creatures vampires ready to bite, suck, and kill the emotional and psychological wellbeing of their victims.

Emotional Vampires: Dealing with People Who Drain You Dry ...

About the Author. Best-selling author Albert J. Bernstein helped thousands of people deal with the dangerously stupid at work in Dinosaur Brains. In Emotional Vampires he goes even further to protect unsuspecting mortals from more devious and harmful creatures—vampires ready to bite, suck, and kill the emotional

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and psychological wellbeing of their victims.

Emotional Vampires: Dealing With People Who Drain You Dry ...

Emotional Vampires by Albert J. Bernstein is an excellent book of recognizing energy draining people and the ways to deal with them effectively. What I particularly liked about this book is that it takes the DSM IV (Diagnostic and Statistical Manual of Mental Disorders by American Psychiatric Association) section on 'personality disorders' and turns it into something a layman can understand.

Emotional Vampires: Dealing with People Who Drain You Dry ...

Find many great new & used options and get the best deals for Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry by Albert J. Bernstein (2013, Hardcover) at

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Emotional Vampires at Work: Dealing with Bosses and ...

Best-selling author Albert J. Bernstein helped thousands of people deal with the dangerously stupid at work in Dinosaur Brains. In Emotional Vampires he goes even further to protect unsuspecting mortals from more devious and harmful creatures vampires ready to bite, suck, and kill the emotional and psychological wellbeing of their victims.

Emotional Vampires - Bernstein, Albert J. - 9780071352598 ...

The “vampires” of Albert J. Bernstein are some of the most renowned personality disorders: Antisocial Histrionic Narcissistic Obsessive-Compulsive Paranoid

Emotional Vampires: Book Summary & Review | The

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Power Moves

Emotional Vampires Dealing with People Who Drain You Dry by Albert J. Bernstein, PhD McGraw-Hill, New York, 2001. 242 pages.

Review of Emotional Vampires, by Albert J. Bernstein

Emotional Vampires 1st Edition Best-selling author Albert J. Bernstein helped thousands of people deal with the dangerously stupid at work in Dinosaur Brains. suck, and kill the emotional and psychological wellbeing of their victims. Like the fabled demons, these vampires come in many shapes:

Albert J. Bernstein, Ph. D.

Fortunately, the emotional vampire does not do things in that gruesome manner. As for the effects and implication, however, that is debatable. Albert Bernstein, PhD, was responsible for the term “emotional vampire” as a descriptive phrase for people who drain other people dry.

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How to Recognize and Escape Emotional Vampires (It's ...

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 ...

Emotional Vampires: Dealing with People Who Drain You Dry ...

“Life offers a cruel choice: you can be right or happy. Not both. This is true regardless of whom you may be involved with, but it is especially true if there is an emotional vampire in your life.” — Albert J. Bernstein, *Emotional Vampires: Dealing with People Who Drain You Dry*

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Emotional Vampires Quotes by Albert J. Bernstein

Slay The Emotional Vampires That Are Holding You Back When it comes to the negative creeps that are keeping you from achieving your goals, garlic probably won't do the trick. But these tactics will.

Slay The Emotional Vampires That Are Holding You Back

Bernstein provides a field guide to the various types of Emotional Vampires and advises readers how to protect themselves from being victims of these predatory personalities."Diane White, The Boston Globe Emotional Vampires: They're out there... masquerading as ordinary people.

Emotional Vampires: Dealing With People Who Drain You Dry ...

A clinical psychologist, author, speaker, columnist, and business

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consultant, Albert J. Bernstein, Ph. D. is well known for teaching people to confront difficult and frightening situations with wit, wisdom, grace, and liberal doses of humor.

Albert J. Bernstein, Ph. D.

Some people consistently make you want to crawl under a rock and hibernate. These people, as psychologist Albert J. Bernstein outlines in *Emotional Vampires at Work: Dealing With Bosses* and...

How to Stop 5 Types of Emotional Vampires from Destroying ...

"Bernstein provides a field guide to the various types of Emotional Vampires and advises readers how to protect themselves from being victims of these predatory personalities."?? Boston Globe
From bestselling author Albert J. Bernstein
The author of *Dinosaur Brains* offers protection from

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people who seek to destroy the emotional and psychological well-being of others.

Emotional Vampires: Dealing With People... book by Albert ...

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.

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