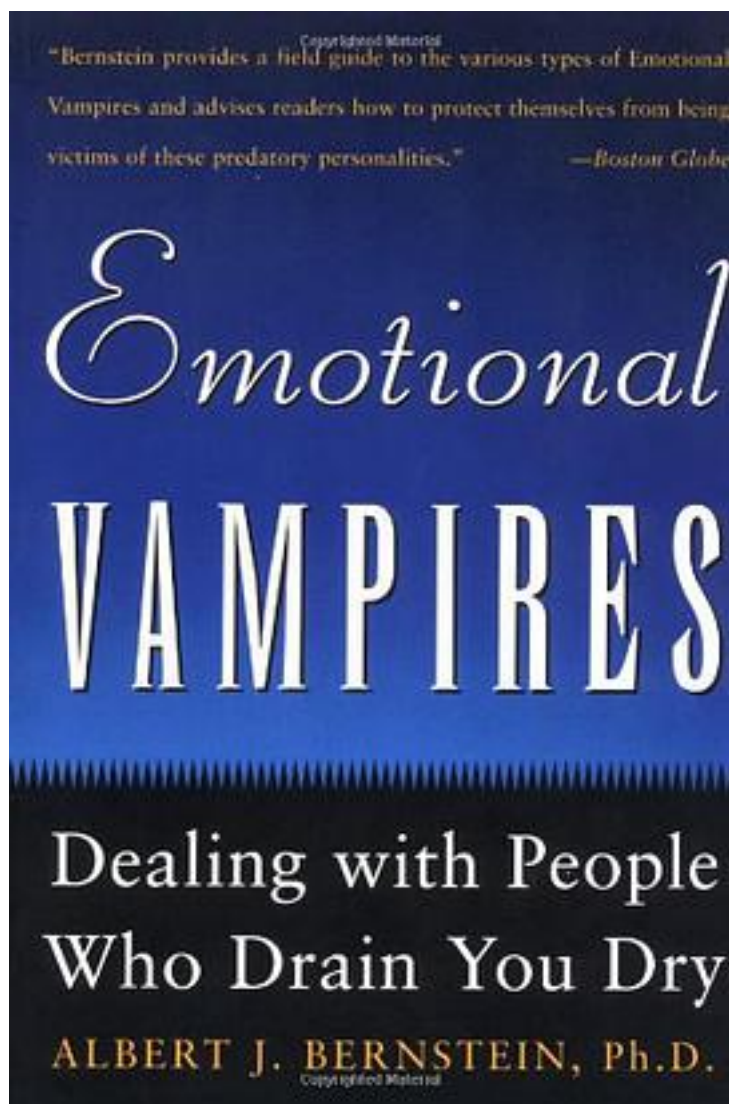


# Emotional Vampires



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出版者:McGraw-Hill

出版时间:2002-03-22

装帧:Paperback

isbn:9780071381673

"If I'd had a copy of this book when I started therapy, I might have saved myself a lot of time and money. 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. They may lurk in your office, your family, your circle of friends; perhaps they even share your bed. Chances are, you know all too many of them. Bright, talented, and charismatic, they win your trust, your confidence, and your affection - then drain you of your emotional energy. But take heart as you walk through the darkness, it doesn't have to be that way - the more you know about vampires, the less power they have over you. Here, Dr. Albert J. Bernstein, vampire-slayer and author of the best-selling "Dinosaur Brains and Neanderthals at Work", reveals the secrets that will protect you once and for all. Detailing a whole range of personality types and human responses, Bernstein shows you how to spot the "vampires" in your life: self-serving Narcissists, hedonistic Antisocials, exhausting Paranoids, or over-the-top Histrionic drama queens. And, with valuable advice, psychological perspective, and much-needed humor, he gives you a range of defense strategies that are guaranteed to keep the blood-sucking creatures of darkness from draining you dry. By the end of "Emotional Vampires", you'll be armed with superior knowledge, a treasure chest of vampire-slaying tools, and all the confidence you need to take on the most draining people in your life and win without shedding the first drop of blood.

作者介绍:

目录:

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