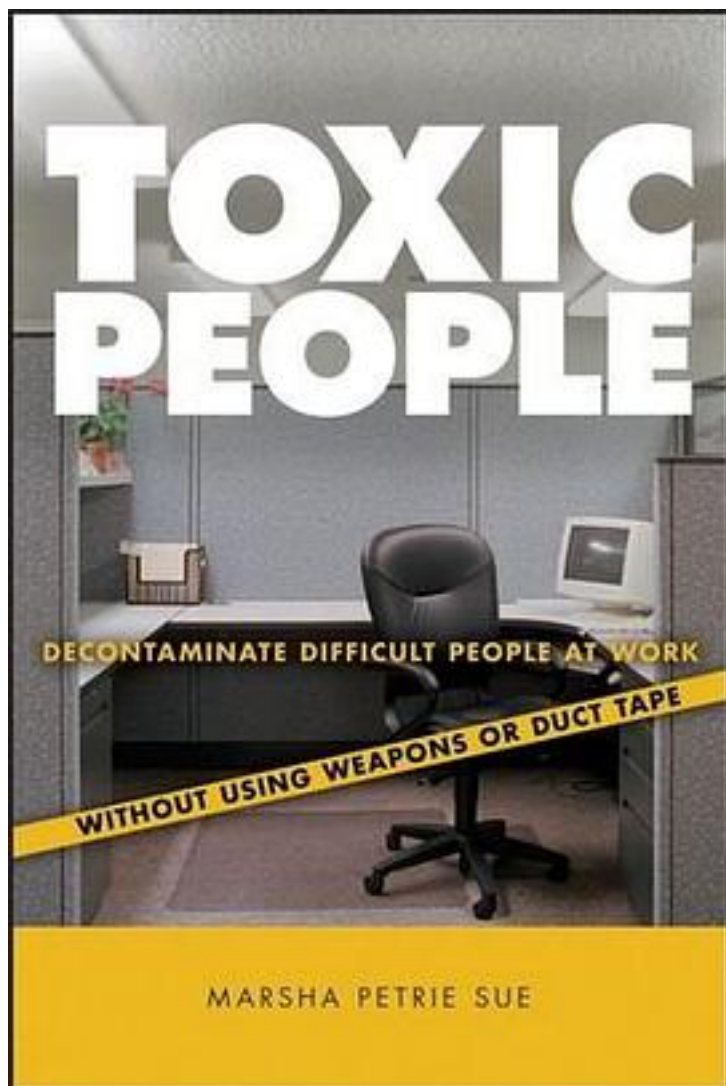


# Toxic People



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Some people really can make you sick Is there anyone in your life-a relative, boss, friend, even a lover or spouse-who drives you crazy? Are there people who make you feel inadequate, unworthy, or just plain miserable? If there's someone who is not supportive and does not wish you well, then you've got a "toxic" person in your life. Do you recognize any of these toxic terrors? -The opportunistic user-The control freak-The meddler-The arrogant know-it-all-The me, myself, and I narcissist-The instigator-The emotional refrigerator-The liar Dr. Glass not only helps you identify the "toxic" people in your life, she also provides ten techniques for successfully dealing with them, including: -Tension-blowout-Unplugging-Direct confrontation-Humor

作者介绍:

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they are always out there, making troubles...

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