

Don't Call Me a Drama Queen!

Don't Call Me a Drama, Queen!

A Guide for the Overly Sensitive

and Their Significant Others

Who Need to Learn How to

Lighten Up and Go with the Flow

Dr. Debra Mandel

author of *Dump That Clump!: From Drama to Diva in Only Nine Steps—A Guide to Getting Over Me, Wrong*

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著者:Mandel, Debra

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Drama queens come from all walks of life, regardless of age, gender, race, or socioeconomic status. As a drama queen, you perceive danger when there is none. You personalize things that aren't personal. You spend hours a day trying to control things you have no control over. You may fear you won't receive your fair share of things, often feeling mistreated or put upon by others. Sounds grim, doesn't it? But despair no longer. Finally there is a solution. With this book, you will learn how to say good-bye to unnecessary response styles that cause you to feel unhappy, angry, resentful, disappointed, and stressed out by daily life. It also will help those who either know or are intimately involved with drama queens to cope with and understand the highly sensitive. Certainly there are countless resources available that can assist those who are in need of stress management and anger reduction in order to lead happier lives. But these tools are either Band-Aids or fail entirely if you're a drama queen. This book takes a huge leap beyond the other resources by teaching prevention. With tests and personal stories from drama queens and those that love and care for them, this book will help drama queens take control of their happiness and live in the moment. Dr. Debra Mandel is a psychologist and relationship expert, author, columnist, and speaker. She was the host of her own radio show, "Shrink Rap," and is the author of several self-help books, including "Dump That Chump."

作者介绍:

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