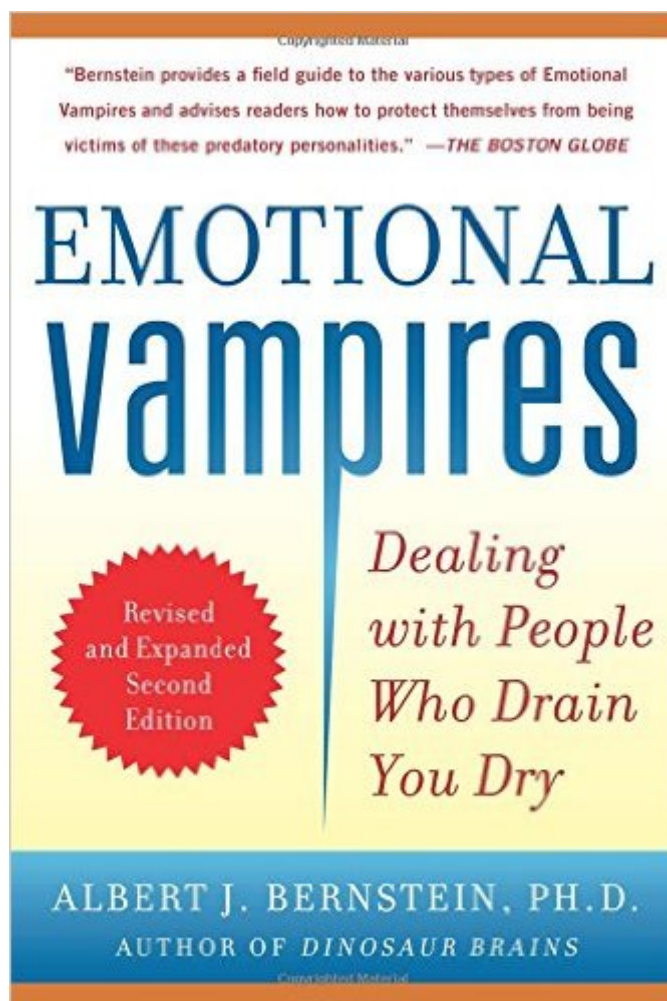


The book was found

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

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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. Berstein 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.

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