



Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry (Business Books)

By Albert Bernstein

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DO YOU WORK WITH VAMPIRES? LEARN HOW TO PROTECT YOURSELF!

Banish the bloodsuckers from your professional life

Whether it's a coworker, subordinate, or boss, there's at least one emotional vampire in every office. These people try your patience, sap your energy, and add an entirely unhealthy dynamic to workplace productivity. The bestselling author of *Emotional Vampires* and *Dinosaur Brains* shows you how to spot and deal effectively with these dysfunctional elements in the workplace:

ANTISOCIALS, who crave excitement in all its forms, including aggression
If your boss or a coworker is trying to push you around . . .

Learn that the most important battle to fight with a bully is in your own mind.

HISTRIONICS, who believe that what it looks like is more important than what it is
If your boss thinks any problem can be solved with a motivational seminar . . .

Learn how to get a manager wannabe to actually manage.

NARCISSISTS, who believe that the universe revolves around them
If your CEO makes Louis XVI look like Gandhi . . .

Learn techniques that diplomats have used throughout history to teach infantile monarchs to act like grown-ups.

OBSESSIVE-COMPULSIVES, who can't seem to see the forest for the trees
If there is absolutely no task that your boss considers too small to micromanage . . .

Learn to be a Control-Freak Whisperer by seeing your boss's fear rather than your own irritation.

PARANOIDS, who think they've found the simple truths that explain

everything

If you work in a place where you can't get ahead unless you drink the Kool-Aid .

..

Learn how to recognize a toxic belief system before it poisons you.

VAMPIRE CULTURES: when vampires get promoted to positions of power, they remake organizations in their own image . . .

Learn the 15 warning signs that tell you to get out before sunset.

PRAISE FOR EMOTIONAL VAMPIRES:

*"We love so much about this book! A great complement to **Dealing with People You Can't Stand**, it goes beyond dealing with the merely difficult behavior to the truly pathological. Bernstein offers believable examples and useful descriptions. This is the book to recommend when the topic of truly horrible behavior comes up!"* -- Dr. Rick Kirschner and Dr. Rick Brinkman, authors of the international bestseller **Dealing with People You Can't Stand**

"This book equips individuals with the tools to identify and defend against a wide array of emotional vampires at work. It offers well-developed tactics for navigating the most difficult people in any organization." -- Katherine Crowley and Kathi Elster, bestselling authors of **Working with You Is Killing Me** and **Mean Girls at Work**

*"It's amazing how one manipulative, territorial, or otherwise self-serving boss or employee can make the lives of everyone around miserable. In **Emotional Vampires at Work**, Albert Bernstein offers concrete, step-by-step guidance to manage life around these misfits. You'll learn to take care of your and your valued colleagues' needs, while contributing your best to your organization?with maturity and sanity."* -- Nancy Ancowitz, author of **Self-Promotion for Introverts**



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Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry (Business Books) By Albert Bernstein Bibliography

- Sales Rank: #493180 in Books
- Published on: 2013-05-21
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x 1.00" w x 6.40" l, 1.20 pounds
- Binding: Hardcover
- 256 pages



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Editorial Review

About the Author

Albert J. Bernstein, PhD, has been practicing as a clinical psychologist, professional speaker, and business consultant for more than 40 years. He teaches people how to think like psychologists without having to talk like them. Bernstein's books on dealing with difficult and dangerous people have been translated into more than 20 languages. Visit his website at www.albernstein.com.

Users Review

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People live in this new day of lifestyle always try and must have the spare time or they will get large amount of stress from both day to day life and work. So, when we ask do people have free time, we will say absolutely without a doubt. People is human not only a robot. Then we inquire again, what kind of activity do you have when the spare time coming to an individual of course your answer will unlimited right. Then do you try this one, reading books. It can be your alternative inside spending your spare time, often the book you have read is Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry (Business Books).

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