

An indispensable guide to understanding and living or working with people whose behavior leaves you frustrated and confused. We all have people in our lives who frustrate, annoy, or hurt us: workplace bullies, those who always claim to be right, or those with anxious or obsessive personalities. And most of us hurt others occasionally, too. Now, authors Dr. Helen McGrath, a clinical psychologist and professor, and Hazel Edwards, a professional writer, offer this highly readable, extremely practical guide to dealing with the difficult personalities we encounter every day in others, and in ourselves. Taking the American Psychiatric Association's widely used Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR) as its starting point, *Difficult Personalities* helpfully outlines over a dozen different personality traits and types, detailing their common characteristics and underlying motivations. It also equips readers with numerous strategies for dealing with difficult behavior, including: Anger and conflict management, Optimism and assertion training, Rational and empathic thinking, Reexamining your own personality. Readers will also benefit from sections on making difficult decisions and maintaining romantic relationships. Perfect for anyone who has ever wished that other people came with a handbook, *Difficult Personalities* illuminates the personality differences that so often serve as barriers to cooperation in the workplace and harmony at home.

The Legal and Regulatory Environment: Contemporary Perspectives in Business, Pemrograman dan Hack Android untuk Pemula dan Advanced (Indonesian Edition), Werewolf the Rage (PG) (Werewolf: The Forsaken), Earthbound Angels Collections Part 3: The Heartthrob Fallen Celestials Stories, Resuscitation of a Hanged Man: A Novel, Lo que he aprendido en la vida (Spanish Edition), Me case con un comunista (Spanish Edition),

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