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Emotional Vampires: Dealing with People Who Drain You Dry, Revised and Expanded 2nd Edition: Dealing with People Who Drain You Dry, 2nd Edition (NTC Self-Help)

Albert J. Bernstein

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"Bernstein provides a field guide to the various types of Emotional Vampires and advises readers how to protect themselves from being victims of these predatory personalities." —THE BOSTON GLOBE

EMOTIONAL vampires

Revised
and Expanded
Second
Edition

*Dealing
with People
Who Drain
You Dry*

ALBERT J. BERNSTEIN, PH.D.
AUTHOR OF *DINOSAUR BRAINS*

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Albert J. Bernstein : Emotional Vampires: Dealing with People Who Drain You Dry, Revised and Expanded 2nd Edition: Dealing with People Who Drain You Dry, 2nd Edition (NTC Self-Help) before purchasing it in

order to gauge whether or not it would be worth my time, and all praised *Emotional Vampires: Dealing with People Who Drain You Dry*, Revised and Expanded 2nd Edition: *Dealing with People Who Drain You Dry*, 2nd Edition (NTC Self-Help):

178 of 182 people found the following review helpful. *Personality Disorders: The Next Level* By RachelBI have already posted a review of the original version of "Emotional Vampires" that has helped at least one person in their purchasing decision. Now, with regard to the revised and expanded Second Edition, I also give it 5 stars and encourage anyone who finds themselves navigating the shark-infested waters of living with/working with/associating with a person afflicted with a personality disorder to order it right away and study it like a Talmudic scholar. Which version should you buy? Buy the original version if you are just starting out in learning about personality disorders. The original version is written for the novice, and shows each personality type defined and described to perfection. Dr. Bernstein will give you tips at the end of each personality type for dealing with their tantrums, tirades, schemes, alternate states of reality, hypnosis, paranoid delusions, aloofness, passive-aggressive assaults, and eyebrow-raising verbal cues. However, if you already have some experience diagnosing personality disorders and want a more in-depth look, then I encourage you to get the Second Edition. Here you will find a wealth of information on drama queens, bullies, control freaks, daredevils, used car salesmen (not the actual, but maybe also the actual), lovable rogues, gossip queens, the terminally depressed, narcissistic legends, tiger moms, puritans and perfectionists. Whew! The list is long and tiring, but think about it, if you don't have this trusty book hidden underneath your mattress, how could you possibly navigate a world full of Emotional Vampires? And in the age of the Kardashians, Facebook, iphones, botox, Paris Hilton, and Narcissistic politicians in high office, there may be more of THEM than there are of US. 2 of 2 people found the following review helpful. At the risk of seeming "paranoid," By SueB these self-centered, crazy-making pains-in-thr'squo;-rear, are evidently more commonplace than those of us, who are reasonably considerate, care to think about. Aside of Mr. Bernstein's apparent pot-shots towards religion - worldlings are worldlings, life (in Christ) goes on ndash; *Emotional Vampires* is a worthwhile read, because Mr. Bernstein describes everyday situations. While his focus seems to be among corporate people, this only proves that obnoxiousness is class-blind. Frankly, having been an entry-level employee for decades, i was rather shocked to learn that there are more than several people on the fast-track that haven't yet caught on to the fact (normal people learned in kinder-garden) that no job is all pleasure. The one man's brief story (don't want this to be a spoiler) read like a sad novel, but of course such happens. This non-fiction was a page-turner, but around mid-way through, had to put it down because i was getting peeved at the outright hard-heartedness the author describes ndash; he describes how people fake empathy string their victims along for years, if not a lifetime. The best thing about Mr. Bernstein's book is: if you are a victim, it's not about your inadequacies, it's about the vampirer's downright wicked behavior. These children of the adversary use the characteristics of redeemed people (love, compassion, gentleness, putting the needs of others before selfhellip;) against them. In short, evil is a lot of undesirable things, but stupid is not one of them. 3 of 3 people found the following review helpful. Oh boy, smack on! By E. E. Osmann This is a book all should read to learn and understand those around us that control our lives and dominate our existence. Learn how to identify those that badly influence our lives and how to rid ourselves from their destructive goals. I was married to a person that possessed over three of the five main personality disorders discussed in this book and she nearly destroyed me. I only wish I would have found this book years before, however since reading this book, I have learned to avoid such individuals moving forward and how to shut them down in my life where I cannot escape them. Everyone needs to know how to identify these disorders as they are all around us and may even be possessed within, this book will help straighten it out for you and may even save you from the clutches of those that seek to destroy you because you speak and live the life of reason. 2 thumbs up. Albert Bernstein!

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.