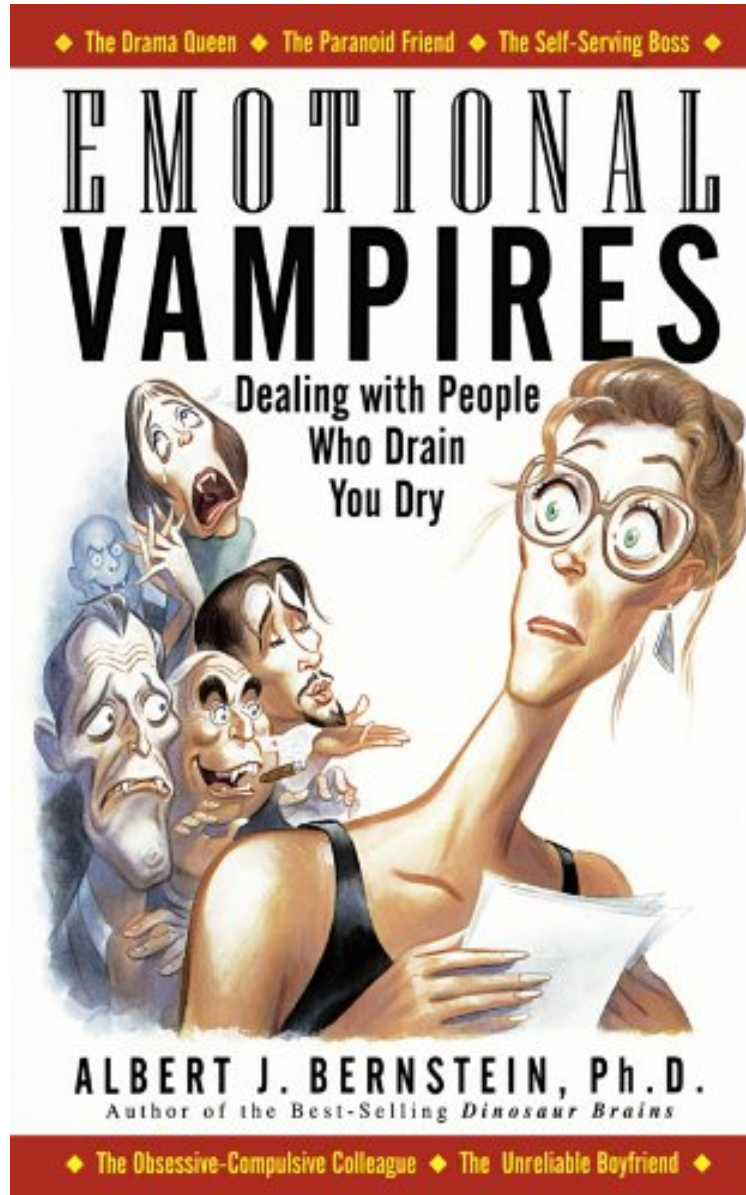


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Emotional Vampires: Dealing With People Who Drain You Dry

Albert J. Bernstein

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Albert J. Bernstein : Emotional Vampires: Dealing With People Who Drain You Dry before purchasing it in order to gage whether or not it would be worth my time, and all praised Emotional Vampires: Dealing With People Who Drain You Dry:

178 of 182 people found the following review helpful. Personality Disorders: The Next LevelBy 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 Sue B these self-centered, crazy-making pains-in-thr\$qu\$-rear, are evidently more commonplace than those of us, who are reasonably considerate, care to think about. Aside of Mr. Bernstein's\$qu\$;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\$qu\$;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\$qu\$;s book is: if you are a victim, it's\$qu\$;s not about your inadequacies, it's\$qu\$;s about the vampirer's\$qu\$;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!

Best-selling author Albert J. Bernstein helped thousands of people deal with the dangerously stupid at work in Dinosaur Brains. In Emotional Vampires he goes even further to protect unsuspecting mortals from more devious and harmful creatures vampires ready to bite, suck, and kill the emotional and psychological wellbeing of their victims. Like the fabled demons, these vampires come in many shapes: -The living dead who think their "talents" place them above the laws of nature -Lords of darkness with huge egos and tiny consciences -Scary monsters who use their tempers in the same way terrorists use bombs -Blood-suckers who think others were created for their convenience Emotional Vampires tells readers how to spot a vampire in their lives, which defense strategies to employ to prevent one from striking, and what to do if and when they find themselves under attack.

Clinical psychologist and business consultant Albert Bernstein's Emotional Vampires: Dealing with People Who Drain You Dry is a humorous yet serious look at our interactions with people who seem to sap our energy. Through anecdotes, Bernstein makes the various categories of vampires distinctive and recognizable (Anti-Social, Histrionic, Narcissistic, Obsessive-Compulsive and Paranoid) and offers practical guidance for how readers can deal with them effectively (Understanding Emotional Vampires' immaturity is your ultimate weapon). From the Back Cover "If I'd had a copy of this book when I started therapy, I might have saved myself a lot of time and money. 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." shy; shy; Diane White, The Boston Globe Emotional Vampires: They're out there . . . masquerading as ordinary people. They may lurk in your office, your family, your circle of friends; perhaps they even share your bed. Chances are, you know all too many of them. Bright, talented, and charismatic, they win your trust, your confidence, and your affection shy; shy; then drain you of your emotional energy. But take heart as you

walk through the darkness, it doesn't have to be that way shy; shy; the more you know about vampires, the less power they have over you. Here Dr. Albert J. Bernstein, vampire-slayer and author of the best-selling *Dinosaur Brains and Neanderthals at Work*, reveals the secrets that will protect you once and for all. Detailing a whole range of personality types and human responses, Bernstein shows you how to spot the "vampires" in your life: self-serving Narcissists, hedonistic Antisocials, exhausting Paranoids, or over-the-top Histrionic drama queens. And, with valuable advice, psychological perspective, and much-needed humor, he gives you a range of defense strategies that are guaranteed to keep the blood-sucking creatures of darkness from draining you dry. By the end of *Emotional Vampires*, you'll be armed with superior knowledge, a treasure chest of vampire-slaying tools, and all the confidence you need to take on the most draining people in your life and win without shedding the first drop of blood.

About the Author Albert J. Bernstein, Ph. D., is the author of *Dinosaur Brains*, *Neanderthals at Work*, and *Sacred Bull*. A clinical psychologist, speaker, columnist, and business consultant, Dr. Bernstein is well known for teaching people to confront difficult and frightening situations with wit, wisdom, grace, and liberal doses of humor.