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Dealing with Emotional Vampires Who Drain You in Life and at Work (EBOOK BUNDLE)

Albert Bernstein

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TWO E-BOOKS IN ONE

Emotional Vampires at Work

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.

"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**

Emotional Vampires, Second Edition

Have you met people who seemed so perfect at first, but later turned out to be a perfect mess? Have you been blinded by brilliant bursts of charm that switched on and off like a cheap sign? Have you heard promises whispered in the night that were forgotten before dawn? Even then do you wonder- is it them or is it me? It’s them. Emotional vampires.

For ten years, clinical psychologist Dr Al Bernstein’s Emotional Vampires has been the go-to self-help manual for coping effectively with the people in life who take undue advantage and seem to suck all our emotional energy. Now thoroughly revised and updated in response to the thousands of calls and emails Dr Bernstein has received about the book, Emotional Vampires aims to help you cope effectively with the people in life that confound, confuse and sap every ounce of energy.

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