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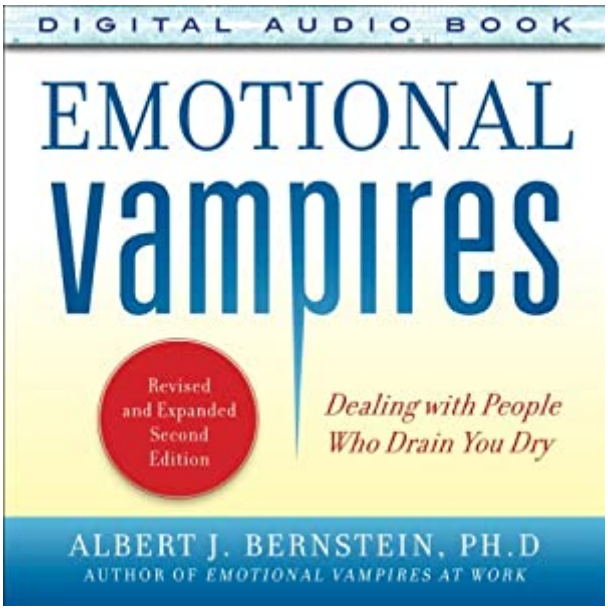
Emotional Vampires: Dealing With People Who Drain You Dry, 2nd Edition



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Synopsis

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. Best-selling 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, 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.

Book Information

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Customer Reviews

I 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.

these self-centered, crazy-making pains-in-thÃƒÂ¢Ã â ¬Ã â„¢-rear, are evidently more commonplace than those of us, who are reasonably considerate, care to think about. Aside of Mr. BernsteinÃƒÂ¢Ã â ¬Ã â„¢s apparent pot-shots towards religion - worldlings are worldlings, life (in Christ) goes on ÃƒÂ¢Ã â ¬Ã â œ 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 havenÃƒÂ¢Ã â ¬Ã â„¢t yet caught on to the fact (normal people learned in kinder-garden) that no job is all pleasure. The one manÃƒÂ¢Ã â ¬Ã â„¢s brief story (donÃƒÂ¢Ã â ¬Ã â„¢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 ÃƒÂ¢Ã â ¬Ã â œ he describes how people fake empathy & string their victims along for years, if not a lifetime. The best thing about Mr. BernsteinÃƒÂ¢Ã â ¬Ã â„¢s book is: if you are a victim, itÃƒÂ¢Ã â ¬Ã â„¢s not about your inadequacies, itÃƒÂ¢Ã â ¬Ã â„¢s about the vampireÃƒÂ¢Ã â ¬Ã â„¢s downright wicked behavior. These children of the adversary use the characteristics of redeemed people (love, compassion, gentleness, putting the needs of others before selfÃƒÂ¢Ã â ¬Ã Â|) against them. In short, evil is a lot of undesirable things, but stupid is not one of them.

I was sent this book for my birthday by someone who believed me when I said I had a sociopath in my family. It has been so difficult to explain to outsiders what this means or how someone I loved

very much for 35 years turned out to be the biggest pathological liar I ever met. Betrayal is not a big enough word for it. In "Emotional Vampires," I found an author who not only understood my situation (he calls it "antisocial personality disorder" in this case), but could give me concrete actions to protect myself and my family from this situation. I read the entire book pretty much in one sitting and even though some of the other "vampires" weren't relevant to me, I appreciated that many of them needed to be treated the same way. I also appreciated that here was someone who knew I wasn't crazy or exaggerating when I said "sociopath." Here was someone who understood that you can't always completely separate yourself from the emotional vampire in your life. I recommend this book for anyone who finds themselves spending inordinate amount of time thinking about someone - a family member, work colleague, lover - and agitating themselves emotionally to understand what just happened to them. The answer may be as simple as they fell into the path of an emotional vampire.The analogy of a vampire worked pretty well to get the author's point across. I've also read Martha Stout's book "The Sociopath Next Door"Ã Â The Sociopath Next DoorÃ Â which was hugely helpful but light on helpful advice on how to deal with this person (her advice is to cut off all contact and protect yourself - not always possible). I think this book works great with her book to explain sociopaths (and more with the Vampire book) and figure out what to do about it.

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