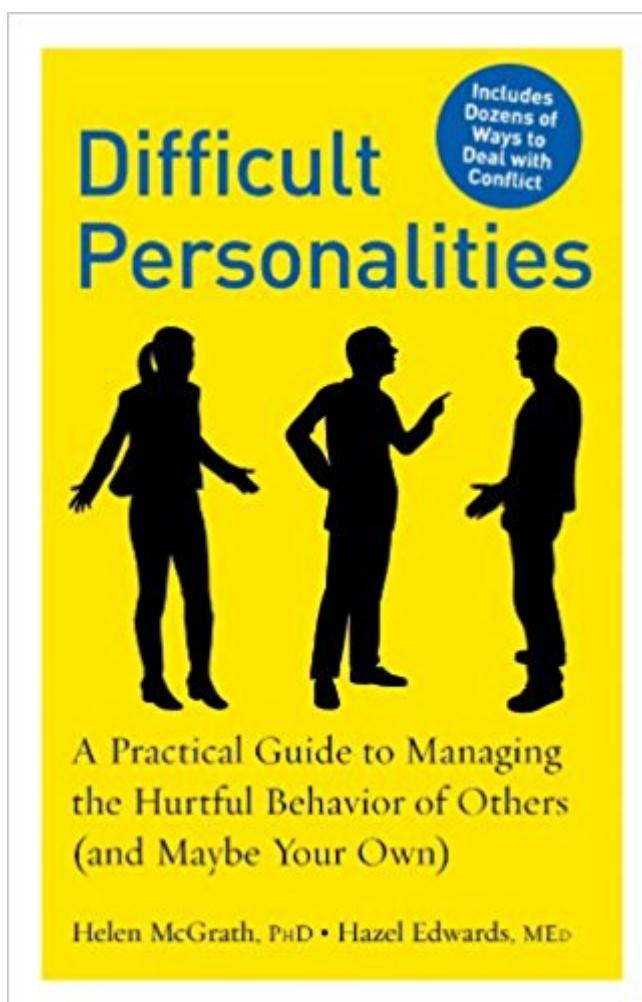


The book was found

Difficult Personalities: A Practical Guide To Managing The Hurtful Behavior Of Others (and Maybe Your Own)



Synopsis

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.

Book Information

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Customer Reviews

What do you get when a clinical psychologist (McGrath) and an experienced author of adult and

children's literature (Edwards) team up to write a handbook for dealing with troublesome people at work or in one's personal life? You get a no-frills resource that is both easy to understand and highly informative. As with many such manuals, it's not necessary to read cover to cover (especially when the book's only shortcoming is its slightly repetitive tips and strategies) but, rather, to read the chapter about whichever personality causes stress in your life, from the anxious to the passive-aggressive, bullies, and narcissists. Whether the problem person is a chronic complainer, a fount of insults, or a perpetual martyr, you are guaranteed to find in-depth analysis, including what they do, why they do it, and strategies to help cope with that person in a positive, healthy way. The authors also have advice for people who recognize bothersome traits in themselves. McGrath and Edwards have avoided scientific jargon and created a handbook people can put to use immediately. There's nothing difficult about this book, except for the subject it gracefully explicates. (Mar.)

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This book has been very helpful in showing me how to sort out what is mine and what is theirs in some difficult relationships. I found the clear descriptions of difficult people very helpful and realize my guilt over some issue I have with one person in particular are ones I can deal with using the suggestions in the book. I recommend this for those who wonder "Is it me or is it them?" and want to try to deal in a positive way in either case. I wish I had found this book years ago. By reading the behaviors of certain kinds of people I am now able to pinpoint the issue accurately and hopefully create a positive communication with one or two people I don't want to have to back off from.

Should be a must read for everyone. Great insight, practical advice.

One of the very, very best books that I've read concerning passive aggressiveness, obsessive compulsiveness, bullying, anxiety/anxiousness, and the like. I have researched, and continue to research for answers and for help, and this book is one of the best. I highly recommend it - for those struggling to understand and cope.

This book was very helpful to me in understanding a friend who is crippled by ADHD and Executive Function Disorder. It is much easier to be supportive of someone when you can grasp the whys of their behavior instead of just the results.

The book contains a lot of good information. The organization makes it very handy for someone looking up a particular situation but that organization means that a lot of the information is repeated in each section making it a little tedious for reading through all of the types to get an overview. Still worth it, though.

This is a fabulous book. Let's you know how to understand and handle different personalities. The more you know, the better you can help, accept, respond and be comfortable around everyone. (You may want to avoid some of them.)

I have taken the Myers Briggs test and find myself intensely interested in personality disorders. I have many psych books. This provides a bit more information to me and I believe will to others that want a brief explanation and how to set about working or living with your direct opposite.

Excellent read and great help with learning to overcome panic attacks.

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