



## Difficult Personalities: A Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own)

By Helen McGrath, Hazel Edwards

Experiment. Paperback / softback. Book Condition: new. BRAND NEW, Difficult Personalities: A Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own), Helen McGrath, Hazel Edwards, All of us have people in our lives who hurt, frustrate or annoy us. Think of those people who claim 'I'm always right!', workplace bullies, or the more extreme personality types who are compulsive and obsessive. Most of us occasionally hurt others, too. Four years in the writing, Difficult Personalities is a reassuring and approachable guide to help us deal with the difficult personalities we encounter each day as well as our own. It offers strategies such as anger and conflict management, empathy, optimism, assertion, and how to make decisions about difficult relationships. In addition to their own research, the authors have based their categorisation of personality types on the well-respected Diagnostic and Statistical Manual of Mental Disorders 4th edition. With this foundation they cover frustrating, confusing and damaging personalities, as well as the anxious and bossy types. They also identify the 'Successful Sociopaths'. These can be charming, often highly successful people who are serial liars with no conscience. They can lead serial lives, sexually and workwise, and 'con' everyone they...



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