



Nasty People (2nd Revised edition)

By Jay Carter

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Nasty People (2nd Revised edition), Jay Carter, This book provides surefire methods to neutralize the nasty people in your life. Have you been hurt, betrayed, or degraded by a nasty person? Perhaps it's your boss, your parent, or your spouse. Whoever it is, he or she is an invalidator who feeds on your self-esteem, mental anguish, and unhappiness. But you can stop this cycle of abuse and put an end to sneak attacks on your soul - without resorting to nasty tactics. In this updated bestselling guide to staying sane while dealing with difficult people, Jay Carter, Psy.D., calls upon decades of practice and observation to offer proven strategies for avoiding toxic relationships. With straight-talking advice, real-life anecdotes, and psychology that makes sense, Dr. Carter gives you the surefire tricks and techniques you need to: identify the invalidators in your life; protect your sanity; use humor to get out of the blame game; conquer self-doubt; stop invalidating yourself; confront emotional bullies; see the bigger picture; and reclaim the captain's seat of your soul.



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Reviews

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde

It is really an remarkable publication i actually have possibly study. It usually is not going to cost excessive. Its been written in an exceedingly basic way and is particularly only right after i finished reading this publication through which basically transformed me, affect the way i think.

-- Dr. Breana O'Kon