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# Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry

Albert J. Bernstein

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"With his customary wit and wisdom, Al Bernstein presents some surprising psychological techniques that may keep the bloodsuckers at work from ruining your career."  
—JOYCE LAIN KENNEDY, SYNDICATED CAREERS COLUMNIST

## Emotional Vampires at Work



Dealing with  
Bosses and  
Coworkers Who  
Drain You Dry

Albert J. Bernstein, PhD

AUTHOR OF *EMOTIONAL VAMPIRES* AND *DINOSAUR BRAINS*

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**Albert J. Bernstein : Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry:

1 of 1 people found the following review helpful. NAVIGATE THROUGH THE DISFUNCTIONAL WORKPLACE!!By Shari WhiticoThis is a necessary book for anyone who works in environment that is not perfect. Most work environments are very dysfunctional us some only mildly dysfunctional, but everyone could basically benefit from reading this book. It helps you navigate through difficult situations at work and enables you to get to the

end result by using very interesting techniques that one would not think would work, but they do. The research psychologically that has been done in this book is fantastic, and unless you are a trained psychologist you would not be able to come up with these ideas to navigate in the workplace. I had to recommend that all corporate individuals with this book to help them become more successful in their career. 1 of 1 people found the following review helpful. Helpful Reading By PlayitSam The vampire analogies make this fun - maybe a little OTT - but at the end, very helpful. You will recognize your colleagues in this book. You will also recognize yourself. It's always good to hear from someone who understands how you feel and better yet, gives you concrete ways to try to handle situations. It's a lot of common sense reminders that is easy for us to lose track of as we get caught up in our own struggles. It is like having good advice from someone who has an objective perspective. Thanks Doc. Prepare to get the stake out! 0 of 0 people found the following review helpful. Great book! Diverse and difficult people are everywhere. Learn how to deal! By Sarah M. This is a good book. Working for a larger company, you deal with many different personalities. Emotional Vampires at Work makes you feel like you are not alone when experience a difficult person, so just one you don't know how to interact with. This book helps you identify them and provides some strategies on how to interact and deal with them to make your daily life easier.

**DO YOU WORK WITH VAMPIRES? LEARN HOW TO PROTECT YOURSELF!** Banish the bloodsuckers from your professional life 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: **ANTISOCIALS**, who crave excitement in all its forms, including aggression If your boss or a coworker is trying to push you around . . . Learn that the most important battle to fight with a bully is in your own mind. **HISTRIONICS**, who believe that what it looks like is more important than what it is If your boss thinks any problem can be solved with a motivational seminar . . . Learn how to get a manager wannabe to actually manage. **NARCISSISTS**, who believe that the universe revolves around them If your CEO makes Louis XVI look like Gandhi . . . Learn techniques that diplomats have used throughout history to teach infantile monarchs to act like grown-ups. **OBSESSIVE-COMPULSIVES**, who can't seem to see the forest for the trees If there is absolutely no task that your boss considers too small to micromanage . . . Learn to be a Control-Freak Whisperer by seeing your boss's fear rather than your own irritation. **PARANOIDS**, who think they've found the simple truths that explain everything If you work in a place where you can't get ahead unless you drink the Kool-Aid . . . Learn how to recognize a toxic belief system before it poisons you. **VAMPIRE CULTURES**: when vampires get promoted to positions of power, they remake organizations in their own image . . . Learn the 15 warning signs that tell you to get out before sunset. **PRAISE FOR EMOTIONAL VAMPIRES**: "We love so much about this book! A great complement to *Dealing with People You Can't Stand*, it goes beyond dealing with the merely difficult behavior to the truly pathological. Bernstein offers believable examples and useful descriptions. This is the book to recommend when the topic of truly horrible behavior comes up!" -- Dr. Rick Kirschner and Dr. Rick Brinkman, authors of the international bestseller *Dealing with People You Can't Stand* "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* "It's amazing how one manipulative, territorial, or otherwise self-serving boss or employee can make the lives of everyone around miserable. In *Emotional Vampires at Work*, Albert Bernstein offers concrete, step-by-step guidance to manage life around these misfits. You'll learn to take care of your and your valued colleagues' needs, while contributing your best to your organization with maturity and sanity." -- Nancy Ancowitz, author of *Self-Promotion for Introverts*

**About the Author** Albert J. Bernstein, PhD, has been practicing as a clinical psychologist, professional speaker, and business consultant for more than 40 years. He teaches people how to think like psychologists without having to talk like them. Bernstein's books on dealing with difficult and dangerous people have been translated into more than 20 languages. Visit his website at [www.alberstein.com](http://www.alberstein.com).