

*Emotional*  
**VAMPIRES**

**Dealing with People  
Who Drain You Dry**

ALBERT J. BERNSTEIN, Ph.D.

# Emotional Vampires Dealing With People Who Drain You Dry

**Albert J. Bernstein**



## **Emotional Vampires Dealing With People Who Drain You Dry:**

Emotional Vampires ,2018      Emotional Vampires: Dealing With People Who Drain You Dry Albert J.

Bernstein,2001-01-21 Best selling author Albert J Bernstein helped thousands of people deal with the dangerously stupid at work in Dinosaur Brains In Emotional Vampires he goes even further to protect unsuspecting mortals from more devious and harmful creatures vampires ready to bite suck and kill the emotional and psychological wellbeing of their victims Like the fabled demons these vampires come in many shapes The living dead who think their talents place them above the laws of nature Lords of darkness with huge egos and tiny consciences Scary monsters who use their tempers in the same way terrorists use bombs Blood suckers who think others were created for their convenience Emotional Vampires tells readers how to spot a vampire in their lives which defense strategies to employ to prevent one from striking and what to do if and when they find themselves under attack      Emotional Vampires: Dealing with People Who Drain You Dry, Revised and Expanded 2nd Edition Albert J. Bernstein,2012-06-15 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 Bestselling 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 of this book 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

**Emotional Vampires: Dealing with People Who Drain You Dry, Revised and Expanded 2nd Edition** Albert J.

Bernstein,2012-06-15 Emotional Vampires tells how to spot them in your life which defence strategies to employ before something happens and if need be what to do when you find yourself under attack      **Dealing with Emotional Vampires Who Drain You in Life and at Work (EBOOK BUNDLE)** Albert J. Bernstein,2013-09-20 TWO E BOOKS IN ONE Emotional Vampires at Work 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 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 Emotional Vampires Second Edition Have you met people who seemed so perfect at first but later turned out to be a perfect mess Have you been blinded by brilliant bursts of charm that switched on and off like a cheap sign Have you heard promises whispered

in the night that were forgotten before dawn Even then do you wonder is it them or is it me It s them Emotional vampires For ten years clinical psychologist Dr Al Bernstein s *Emotional Vampires* has been the go to self help manual for coping effectively with the people in life who take undue advantage and seem to suck all our emotional energy Now thoroughly revised and updated in response to the thousands of calls and emails Dr Bernstein has received about the book *Emotional Vampires* aims to help you cope effectively with the people in life that confound confuse and sap every ounce of energy

**First As Tragedy, Then As Farce** Slavoj Žižek, 2009-10-05 From the tragedy of 9 11 to the farce of the financial meltdown *Work Accommodation and Retention in Mental Health* Izabela Z. Schultz, E. Sally Rogers, 2010-11-16 Growing interest in the field of mental health in the workplace among policy makers clinicians and researchers alike has been fueled by equal employment rights legislation and increasing disability statistics in mental health The importance of addressing this topic is underscored by the fact that depression now ranks second on the hierarchy of occupational disabilities The problem is compounded by a host of factors including major difficulties in job retention and productivity experienced by persons with mental health disabilities younger age and higher education of persons with mental health problems and labor shortages and an aging workforce in many industrialized countries In addition particularly in the United States the vocational needs of army veterans returning from duty with mental health disorders require system based solutions and new rehabilitation approaches The pressure created by these powerful legislative societal and economic forces has not been matched by the state of evidence based practices in the field of employment retention and job accommodation in mental health Current research evidence is fragmented limited in scope difficult to access and adversely affected by the traditional divide between the fields of psychiatry and psychology on one hand and interdisciplinary employment research and practices on the other As a result policy makers employers disability compensation systems and rehabilitation and disability management professionals have been left without a critical how to evidence informed toolbox for occupational practices to accommodate and retain persons with mental health disabilities in the workplace Currently no single source of knowledge and research evidence exists in the field that would guide best practices Yet the need for workplace accommodations for persons with mental health disabilities has been growing and based on epidemiological trends is anticipated to grow even more in the future These trends leave physicians psychologists occupational therapists vocational rehabilitation professionals disability managers human resource professionals and policy makers poorly prepared to face the challenge of integrating and maintaining persons with mental health disabilities in the workplace The aim of the Handbook is to close the gap between the needs of the professionals and networks that work with or study persons with mental health disorders in an employment context and the actual knowledge base in the field The Handbook will be written in language that can easily be understood by readers representing a multitude of disciplines and research paradigms spanning the mental health rehabilitation and employment fields of inquiry The Handbook will contribute an integration of the best quantitative and qualitative research in the field together with experts

consensus regarding effective work retention and accommodation strategies and practices in mental health The book will consist of five major sections divided into chapters written by recognized experts in these areas

**Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry** Albert J. Bernstein, 2013-05-24 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

**Your Soul, Your Life** Marzcia Techau, 2024-12-10 Human life is full of challenges that can make it difficult to live in accordance with your true self your inner core your soul Sometimes your surroundings react negatively to you and survival mechanisms

stemming either from experiences in this life or from the soul's experiences in previous ones can cause you to shut off particular sides of yourself. Introducing different ways to cooperate with the spiritual world including exercises for self healing and case stories from clients and students. Your soul Your Life will guide you through transforming and healing these survival mechanisms so that you can have better access to yourself to your resources and to your spiritual strengths and qualities not only so that you get the most out of your life now but also because it will benefit your loved ones and the community you're a part of. Because when you live in accordance with your soul's essence you have the energy to affect your surroundings positively.

*Help! I've Been Infected By A Narcissist: A Survivor's Experience of Healing from the Abuse of Narcissists, Predators and Toxic People* Jason Young, 2021-04-26

For recipients of abuse from narcissists predators and toxic people this book offers an antidote to undo the damage inflicted and ultimately restore your life. It includes practical steps on how to get away from narcissists and how to protect yourself. This book aids you in understanding how narcissists became narcissists and how you can prevent yourself and your children from becoming narcissists. The types of narcissists. Narcissists' core emotion. How to identify narcissists. Narcissists' aims and tactics. Narcissists' interaction dynamics and the inherent dangers. Practical steps to distance and protect yourself from narcissists. Practical steps to recover from narcissistic abuse. Recover your life and the individual that you were. Written in a direct no nonsense manner that everyone can understand this book is a concise information pack that you can finish in one sitting and start your recovery immediately. The author Jason Young is a survivor of chronic round the clock abuse and an expert assimilator of various healing modalities. Having lived through it he knows it is definitely possible to heal from narcissistic abuse to go back to the person you were before. A message from the author: Dear Fellow Survivor if you feel raw confused hopeless depressed if you feel shameful angry fearful of stepping out of your house fearful of trusting anybody ever again if you blame yourself and incessantly ask yourself Why me know that you are not alone I was just like you too I have definitely been there I have had more than my fair share of abuse. Non stop relentless abuse sure isn't fun but ironically it has also given me a purpose. It has led me to this I feel like I have seen the dark side of human nature but I also know with certainty that this is not the end of it. The situation is only going to get worse and there will be new lows to come. It is indispensable and urgent that you shed the abuse and protect yourself. Know that in your darkest hour you were always stronger than your perpetrator. You never had to resort to dispensing abuse to feel better that is a strength in itself. It is possible to find the person you were again. Not only that you can even surpass the individual you were before and find unimagined beauty and happiness in life. The world works in mysterious ways. I have been through this journey and am still on it. With this book I hope I can give you an amazing start to creating your own amazing inspiring story. I am a most ordinary individual faced with extreme circumstances. Having been through it I am absolutely convinced you can do it too. I wish you all the best in embarking on your life changing journey. You will be amazed at what's to come. With solidarity Jason

**Using Humor to Maximize Learning** Mary Kay

Morrison,2010-12-01 What is humor exactly How do you use it to maximize learning If it is so important why is it rarely mentioned in teacher preparation without some clues for finding and using it The purpose of this book is to affirm sustain and encourage educators in the practice of humor not only as a personal tool to optimize a healthy lifestyle but to maximize the benefits of humor in education These benefits include current research based data on the use of humor to nurture creativity to increase the capacity for memory retention to support an optimal learning environment and to build safe communities that reflect the relational trust necessary for collaborative learning An environment of fun is an indicator of a culture of trust Each chapter of this book includes a study group format and powerful practice ideas for leaders These tools can facilitate creative data analysis for educational leaders interested in understanding the relatively new field of positive psychology and how it can contribute to a joyful learning environment that promotes collaborative relationships *Be a Blessing* Sherry Adams,2011-09 As a pastor or ministry leader have you ever looked at someone you are attempting to counsel and wondered What is going on with this person Have you wished you knew more about personalities Or had taken additional classes in Pastoral Care Do you feel woefully underprepared to hear and help with the myriad of complex personal problems brought to you on a daily basis *Be a Blessing A Guide to Safe and Sane Pastoral Care* is meant to help Written by a licensed psychologist with over twenty years experience in counseling who then went into the ministry *Be a Blessing A Guide to Safe and Sane Pastoral Care* is intended as a ready easy to read resource It contains practical tips on how to recognize what you are in fact dealing with and then what to do to be of significant help It also suggests realistic no nonsense ways to refrain doing harm **The Palgrave Handbook of Educational Leadership and Management Discourse** Fenwick W. English,2022-10-13 This Handbook explores the discourse within the field of educational leadership and management It provides a clear analysis of the current field as well as older foundational ideas and newer concepts which are beginning to permeate the discussion The field of educational leadership and management has long acknowledged that educational contexts include a variety of leaders beyond school principals and other school officials such as informal and middle level leaders By looking at the knowledge dynamic rather than a static knowledge base this Handbook allows research to be presented in its multidimensional evolving reality **Psychopathy** Sandie Taylor,Lance Workman,2023-06-28 *Psychopathy The Basics* is an accessible text that provides a compact introduction to the major findings and debates concerning this complex personality disorder This book provides an overview of the field and covers a wide range of research findings from genetics to psychosocial developmental explanations It begins with an exploration of the historical conception of the phenomenon of psychopathy and goes on to discuss its social and cultural accounts It also delves into biologically based explanations including genetic and evolutionary approaches along with criminological and entrepreneurial types of psychopathy Offering a balanced perspective thisbook addresses the nature nurture debate in the field and also discusses widely accepted personality traits of psychopaths Lastly it also provides a glossary of key terms and suggestions for further

reading This book will be an essential read for students of forensic psychology or criminology It is also an ideal starting point for those interested in the science of psychopathy and personality disorders     The Marvelous Transformation Emily Filmore,2015-07-14 Written by a fellow sufferer this book provides practical coping mechanisms to ease physical and emotional discomfort from autoimmune disease     Business and Professional Communication Kelly M. Quintanilla, Shawn T. Wahl,2015-12-09 Professional success requires excellent communication skills Organized around the transition from student to professional life Business and Professional Communication Third Edition gives readers the tools they need to move from interview candidate to team member to leader Kelly M Quintanilla and Shawn T Wahl help students understand the role communication plays when successfully handling situations like job interviewing providing feedback to supervisors and working in teams The fully updated Third Edition includes expanded coverage of making competent choices in new communication channels increased emphasis on skill building for business writing and presentations and the effective use of visual aids     Restoring Broken Trust Mark Beaird,2013-11-01 Wait Before discarding that relationship or giving up on having a healthy relationship with someone you love know there is hope The broken trust in our relationships can often be restored In Restoring Broken Trust A relationships greatest challenge you will find many of the answers to why trust is broken what goes wrong in relationships and what can be done to make the relationship healthy again Mark Beaird draws insights and practical guidance from many years of experience in the helping professions and as a professional counselor to address the question he has been asked so many times Can the trust ever be restored The good news is there is a way trust can be restored So before you or someone else labels a spouse family member child teen friend or other as untrustworthy and gives up all hope consider the insights waiting for you in Restoring Broken Trust     Stress Management for Teachers Elizabeth Hartney,2008-04-22 Teaching has long been recognised by researchers as one of the most stressful professions However only in recent years has the scale of occupational stress faced by teachers finally been addressed by government policy In this ground breaking book Elizabeth Hartney provides readers with a basic understanding of stress in the context of teaching in schools and its effects on personal and professional well being Drawing on recent research into stress in teachers the latest political changes affecting teachers and stress management effectiveness she suggests a wide range of strategies and an exhaustive and up to date list of resources to assist teachers and trainees in coping with all manners of stress from stress in the classroom and the requirements of administration to career development and coping with difficult people     A Change of Heart Kevin J. McCarthy, Ph.D,2014-09-25 Any attempt to produce a change of mind or a change in behaviors is doomed to fail given our human natures While we may have thoughts of creating this process in our personal life we are unable to sustain our focus given the constant barrage of worldly distractions Slowly or quickly our resolve ebbs away and once more we re caught up in the choices that bring pain and shame into our life and the lives of those we love Nothing changes until we experience a change of heart This is not an event but rather a journey that guides life and transforms



character This change of heart is a gift that is extended to those who have come to the realization that of themselves they can do nothing Surrender is the key word and that is likely a difficult concept to tolerate in our human condition Yet as you surrender your will on a regular basis your life purpose will slowly and consistently be revealed in the opportunities that arise With each succeeding door that opens there will come a flow of challenges blessings and gifts that serve to sustain and nourish continued growth Out of this process you will come to fully understand that there is a purpose for life and that the greatest joy comes from fulfilling that promise This is not a preachy book filled with solemn sayings rather it is a tribute to Jesus Christ who can work His purpose in any surrendered life My desire is that you join me on this pathway to personal transformation Your faith will grow as you come to understand the dynamic of surrender Out of your faith will grow a new and profound sense of hope that will complete its work in your life You cannot buy this gift or steal it as a possession yet it is offered freely to those who are committed to finding the truth

### **Integrated Treatment for Co-Occurring Disorders**

Sharon C. Ekleberry, 2011-04-27 Integrated Treatment for Co Occurring Disorders addresses a complex client population which presents service providers with significant professional challenges Underlying personality disorders compromise treatment effectiveness for medical other psychiatric or trauma services as well as the ability these individuals have in adhering to probation parole or court ordered treatment requirements A co occurring substance use disorder amplifies the difficulties experienced by personality disordered individuals exacerbates the precarious nature of their relationships and raises the skill level needed by service providers attempting to help them There can be significant professional satisfaction in working effectively with the interplay of addiction and disorders of personality The book brings focus to the specifics of assessment and treatment for this type of co occurring disorder and suggests that greater adaptability fewer self sabotaging behaviors and an abstinent lifestyle are all possible Recovery from both disorders is the journey these individuals take toward greater maturation reliable impulse control and coping skills that are not dependent upon the evasion of the demands of living or use of substances to manage stress or uncomfortable affect Recovery is possible and service providers can assist these clients on their path to wellness

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### Emotional Vampires Dealing With People Who Drain You Dry Introduction

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