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~~Difficult Personalities A Practical Guide~~

'Difficult Personalities', a new book by Dr Helen Mc Grath and Hazel Edwards, provides a reassuring guide to help us deal with the hurtful behaviour of others. The book aims to help

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people protect themselves by being aware of harmful personalities. Suggestions are provided on how to manage difficult behaviour patterns. Recommended for the Strategies:

Difficult Personalities: A Practical Guide to Managing the ...

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:

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Difficult Personalities: A Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own). Experiment. An easy to understand manual for dealing with common personality traits that irk will be useful to students and adults alike.

Difficult Personalities: A Practical Guide to Managing the ...

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.

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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

Difficult Personalities: A Practical Guide to Managing the ...

Difficult Personalities: A Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own) was not what I expected. I was looking for specific techniques and strategies I could apply and use.

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The 9 Most Difficult Personalities to Manage

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Difficult Personalities | 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.

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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:

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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.

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