



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

Albert Bernstein

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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**

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Shirley Demers:

A lot of people always spent all their free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity here is look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent all day long to reading a reserve. The book Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry it is quite good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. When you did not have enough space to create this book you can buy the e-book. You can m0ore simply to read this book from your smart phone. The price is not very costly but this book features high quality.

Michael Albin:

Exactly why? Because this Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will zap you with the secret the idea inside. Reading this book alongside it was fantastic author who all write the book in such amazing way makes the content on the inside easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of gains than the other book possess such as help improving your ability and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

Vickie Gilbert:

On this era which is the greater particular person or who has ability to do something more are more treasured than other. Do you want to become among it? It is just simple way to have that. What you should do is just spending your time almost no but quite enough to enjoy a look at some books. One of many books in the top list in your reading list is usually Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry. This book and that is qualified as The Hungry Slopes can get you closer in turning into

precious person. By looking way up and review this e-book you can get many advantages.

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