



## Emotional Bullshit: Overcoming the Toxic Deceptions That Threaten to Ruin Your Relationships - And Your Life

---

By Paul Alasko, Carl Alasko PH. D., Ph D Alasko

Penguin Putnam Inc, United States, 2009. Paperback. Book Condition: New. 208 x 138 mm. Language: English . Brand New Book. An invisible disease is affecting every aspect of your life. Insidious and creeping, it shapes you everyday from the bedroom to the boardroom, from your shopping splurge, to the extra helping at your holiday dinner, to the dangerous liaison at work. It s called emotional bullshit, and it s encroaching on your happiness.In Emotional Bullshit: The Hidden Plague That Is Threatening to Destroy Your Relationships AND HOW TO STOP IT , Carl Alasko, Ph.D. sheds light on the stealth disease of Emotional BS: that is, the Toxic Trio of denial, delusion and blame that we fall back on when faced with difficult situations. These three dynamics work together to distort and manipulate truth, create a delusional reality, and shift blame when things fall apart. With the toxic trio in action, it s all but impossible to get at the heart of the problem. The result, however, is obvious no one can achieve happiness and fulfillment. And when used in the world of business, Emotional BS can lead to financial ruin.In his over twenty years working with individuals, couples and families...



**READ ONLINE**  
[ 8.24 MB ]

### Reviews

*Unquestionably, this is actually the greatest function by any author. I was able to comprehend every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.*

-- **Arianna Witting**

*An exceptional book as well as the font used was exciting to read. It is actually rally intriguing throgh reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).*

-- **Crystel Hagenes**