



Coping with Difficult Families

By Jane McGregor, Tim McGregor

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping with Difficult Families, Jane McGregor, Tim McGregor, We all have family members who push our buttons. Some are poor communicators, others are anti-social, and the rest are out to make our lives a misery! With a strong emphasis on empathy and emotional intelligence, the book offers practical advice on how to break dysfunctional family dynamics, and interact effectively with other members. Topics include: the role of empathy family members with little or no empathy personality disorders including borderline personality disorder (BPD), antisocial personality disorder (AsPD) and narcissistic personality disorder (NPD) empaths and super-empaths - super-perceptive and sensitive people how to set boundaries and sever ties if need be overcoming emotional trauma developing self-compassion.



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**