



Nasty People (2nd Revised edition)

By Jay Carter

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Nasty People (2nd Revised edition), Jay Carter, This book provides surefire methods to neutralize the nasty people in your life. Have you been hurt, betrayed, or degraded by a nasty person? Perhaps it's your boss, your parent, or your spouse. Whoever it is, he or she is an invalidator who feeds on your self-esteem, mental anguish, and unhappiness. But you can stop this cycle of abuse and put an end to sneak attacks on your soul - without resorting to nasty tactics. In this updated bestselling guide to staying sane while dealing with difficult people, Jay Carter, Psy.D., calls upon decades of practice and observation to offer proven strategies for avoiding toxic relationships. With straight-talking advice, real-life anecdotes, and psychology that makes sense, Dr. Carter gives you the surefire tricks and techniques you need to: identify the invalidators in your life; protect your sanity; use humor to get out of the blame game; conquer self-doubt; stop invalidating yourself; confront emotional bullies; see the bigger picture; and reclaim the captain's seat of your soul.



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