

[Download] Overcoming Passive-Aggression, Revised Edition: How to Stop Hidden Anger from Spoiling Your Relationships, Career, and Happiness

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Hidden anger that comes out indirectly can undermine relationships between friends, family, and colleagues. When people feel compelled to conceal their true beliefs and emotions, there can be serious physical and psychological results for everyone involved. Tim Murphy and Loriann Oberlin offer a clear definition of passive-aggression and tell listeners not only how to end the behavior but also how to avoid falling victim to other people's hidden anger. This revised, updated edition offers essential guidance for dealing with problems in the workplace and at school; avoiding the pitfalls of social media, texting, and online communication; and when to seek professional help. Whether you need ways to manage your own anger or ways to cope with this behavior in others, Overcoming Passive-Aggression shares sage advice, practical exercises, and opportunities for personal growth. **DISCLAIMER:** "We cannot guarantee the availability of this ebook on an external site."

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