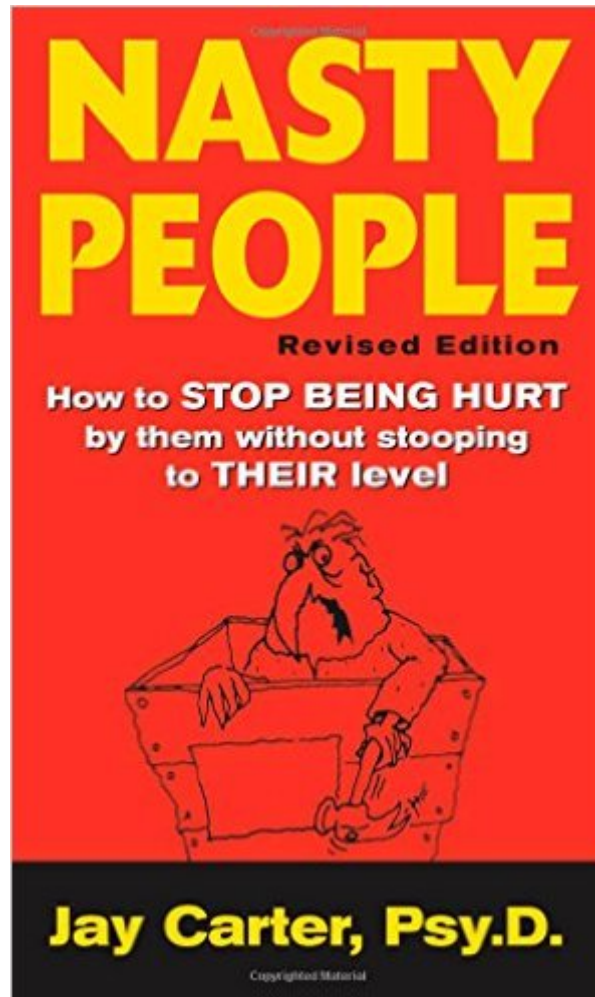


The book was found

Nasty People: How To Stop Being Hurt By Them Without Stooping To Their Level



Synopsis

Fourteen years since its first publication, the bestseller *Nasty People* has been revised and updated to cover the motivations of nasty people, how to avoid confrontation with a nasty boss, how to handle a nasty spouse, and much more, including: How to break the cycle of nastiness A new understanding of personality disorders and depression Narcissism, nasty behavior, and self-doubt Nasty people and self-validation The role adrenaline plays in nasty behavior and our responses to it.

Everyone knows a person who has been hurt, betrayed, or degraded by nasty individuals or has experienced it themselves. In three books, Jay Carter, Psy. D., shows readers how to stop this cycle of overt and covert abuse, without resorting to nasty tactics. Now for the first time, this series is released together to cover all areas of dealing with difficult people. With straight-talking advice, real-life anecdotes, and psychology that makes sense, Carter explains how to handle and stop painful behavior that harms both the perpetrator and the victim.

Book Information

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Best Sellers Rank: #31,362 in Books (See Top 100 in Books) #75 inÂ Books > Self-Help > Relationships > Conflict Management #78 inÂ Books > Parenting & Relationships > Family Relationships > Conflict Resolution #253 inÂ Books > Self-Help > Self-Esteem

Customer Reviews

Jay's book 'nasty people' should be compulsory reading for everybody. As I see it after 56 years of living, most of us suffer from varying degrees of 'low self-esteem', but although it can manifest itself in many ways, there are broadly 2 groups of people: Those who feed their ego's by bullying others and keeping them on the run; the other group comprises of those who do not know how to deal with with such a situation and suffer, badly, as a result. We rightfully support 'the judiciary' against criminal acts such as burglary and grievous bodily harm and the like, but where bullying or mental cruelty are concerned, such as Jay Carter discusses in this book, we are left almost entirely to our own

defences (unless you learn from books such as this or 'enlightened' people). Perhaps, that is how it should be, because from my experience the courts would be overflowing with cases such as these! Anyway, finding solutions on how to deal with oppressive, rude and nasty people can be looked upon as a necessary part of our development to true maturity. But beware! Jay rightfully points out that although we might be suffering badly at the hands of an Invalidator, we too, just might be doing the same to other, weaker, less able, people than ourselves. My small mongrel dog shows me daily that this is the case. When coming into contact with larger, more confident, dogs she cowers and whimpers; however, when contacting some smaller dogs she quickly susses them out and can even become aggressive. I make no apologies for comparing canine behaviour with human behaviour.

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