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### **[Read] Emotional Vampires: Dealing with People Who Drain**

Do you have an energy vampire in your life? Get the "Energy Vampire Survival Guide" PDF here. Purchase Download > Some of our family, friends and co-workers will make you feel positive and elevate your mood. Others will suck optimism and serenity right out of you. Vampires do more than drain your physical energy. The super-malignant ones can make you believe you're an unworthy, unlovable wretch who doesn't deserve better.

### **The Emotional Vampire Survival Guide - Judith Orloff MD**

How to Handle 'Emotional Vampires' at Work. Like vampires they are driven by a single insatiable need. If you're not careful, they will use you to fill it. You already know these people. The ones you are most likely to meet at work are: Antisocials: crave excitement in all its forms, sex, drugs, rock 'n roll, larceny, bullying and gambling with other people's money.

### **Disrupt an Emotional Vampire Attack with These Tips**

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### **Emotional Vampires At Work: Dealing With Bosses And**

Emotional Vampires: Dealing with People Who Drain You Dry. Detailing a range of personality types and human responses, this work shows you how to spot the vampires in your life: self-serving Narcissists, hedonistic Antisocials, exhausting Paranoids, or over-the-top Histrionic drama queens. With advice and psychological perspective, it gives you a range of defense strategies against such creatures.

### **Emotional Vampires: Dealing with People Who Drain You Dry**

"Emotional vampires aren't always terrible people," reminds Handler. "Sometimes they're friends of yours, and they're just trying to fill holes in themselves and using you as a coping mechanism.

### **Why Emotional Vampires Are Ruining Your Life - Bustle**

Emotional Vampires at Work: Dealing with Bosses & Coworkers Who Drain You Dry. Psychopaths, like vampires, are charming as hell. Studies show that we easily laugh, swoon, and otherwise go weak in their presence. What's worse, Bernstein points out, people with sharp edges can also seem rather regular for

periods of time.

### **Emotional Vampires at Work: Dealing with Bosses**

People are accustomed to thinking of explosions into anxiety, depression, and anger as different entities, falling into different diagnostic categories and requiring different responses. The closer you look, however, the more illusory the differences become. Perhaps the most significant difference is our reaction.

### **How to Deal with Emotionally - QuBranx.com**

My coworker is an emotional vampire. The more time spent with Larry, the more his coworkers would complain of feeling drained and exhausted. Larry became known for turning 30 minute "touch base" meetings into 2-3 hour marathons where he would talk, preach, reenact, dream and generally suck up the energy in the room.

### **My coworker is an emotional vampire | Brandon Smith: The**

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### **Emotional Vampires: Dealing with People Who Drain You Dry**

"Emotional Vampires," a term defined by Albert J. Bernstein, PhD in his book Emotional Vampires: Dealing with People Who Drain You Dry "are typically people that are extremely critical, controlling, narcissistic, or generally very negative and manipulative.

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