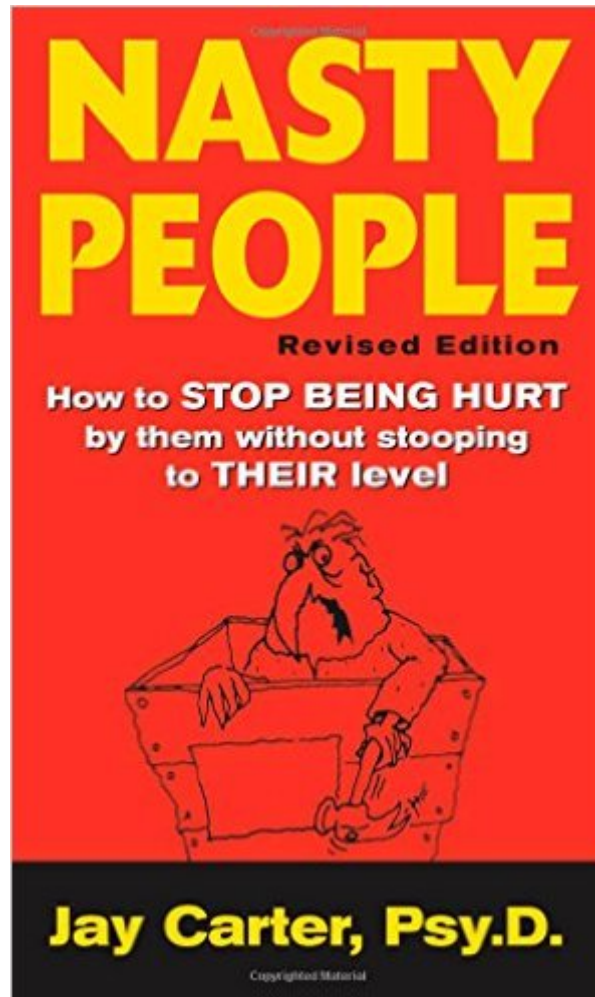


The book was found

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

Paperback: 105 pages

Publisher: McGraw-Hill Education; Revised edition (May 26, 2003)

Language: English

ISBN-10: 0071410228

ISBN-13: 978-0071410229

Product Dimensions: 6.3 x 0.4 x 8.5 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (213 customer reviews)

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

[Download to continue reading...](#)

Nasty People: How to Stop Being Hurt by Them without Stooping to Their Level NASTY NAZIS 2: NASTY NAZIS & NASTY NAZI BITCHES: 165 PULP MAGAZINE COVERS FEATURING NASTY NAZIS AND NASTY NAZI BITCHES DOING WHAT THEY DO BEST... NASTY NAZIS 3: Pulp Magazine Covers Featuring Nasty Nazis III-Treating Beautiful Women Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) How To Stop Worrying and Start Living - What Other People Think Of Me Is None Of My Business: Learn Stress Management and How To Overcome Relationship Jealousy, Social Anxiety and Stop Being Insecure How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills) Absolutely Nasty Sudoku Level 3 Absolutely Nasty Sudoku Level 4 Absolutely Nasty Sudoku Level 2 Ask Me Why I Hurt: The Kids Nobody Wants and the Doctor Who Heals Them Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing Cheated & Deafeated: Mistress Harley's How To Gambling Guide: Stop being a loser & start being less of a loser (Cheated & Defated Book 1) Stop Being the String Along: A Relationship Guide to Being THE ONE How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs UNEXPLAINED DISAPPEARANCES & MISSING PEOPLE.: MISSING PEOPLE CASE FILES; UNEXPLAINED DISAPPEARANCES; MISSING PEOPLE. (UNEXPLAINED DISAPPEARANCES : MISSING PEOPLE Book 2) The Human Magnet Syndrome:

Why We Love People Who Hurt Us Gambling:Just Stop Pressing The Button: The Truth Behind our Gambling Addiction - What Most People Do Not Understand And How You Stop Gambling Away Your Life

[Dmca](#)