



Toxic People: 10 Ways Of Dealing With People Who Make Your Life Miserable

By Dr. Lillian Glass Ph.D.

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Some people really can make you sick!

Is there anyone in your life-a relative, boss, friend, even a lover or spouse-who drives you crazy? Are there people who make you feel inadequate, unworthy, or just plain miserable? If there's someone who is not supportive and does not wish you well, then you've got a "toxic" person in your life.

Do you recognize any of these toxic terrors?

- The opportunistic user
- The control freak
- The meddler
- The arrogant know-it-all
- The me, myself, and I narcissist
- The instigator
- The emotional refrigerator
- The liar

Dr. Glass not only helps you identify the "toxic" people in your life, she also provides ten techniques for successfully dealing with them, including:

- Tension-blowout
- Unplugging
- Direct confrontation
- Humor

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Editorial Review

From Publishers Weekly

Certain people seem to exist to make us miserable. Glass, a California "communications expert," terms these terrors Toxic People and identifies 30 types, some with humorous labels such as the Smiling Two-Faced Sneaky Back-Stabber and the Eddie Haskell. She provides a Toxic People Quiz to help readers identify which category a suspect toxic terror falls into and suggests 10 techniques to handle these folk: Humor, Direct Confront, Calm Questioning, Give-Them-Hell-and-Yell, Love and Kindness, Vicarious Fantasy, etc. And since we're all toxic, to some degree, a section on Toxic Comments and a Toxic Image Inventory are offered to help readers identify their own destructive behaviors. While the book doesn't rise above pop psychology, it is entertaining. Author tour.

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Review

"Forget Dale Carnegie: Glass is riding to your rescue." ?*West Coast Review of Books*

About the Author

Lillian Glass, Ph.D., is an internationally know lecturer, communications specialist, and media personality. She is the author of *Toxic People's* companion, *Attracting Terrific People*, as well as *He Says, She Says, Talk to Win*, and *Say It Right*. Dr. Glass has a bicoastal practice in Beverly Hills and New York. She currently resides in New York City.

Users Review

From reader reviews:

Paul Dixon:

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Doris Blair:

Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you could have done when you have spare time, subsequently why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Toxic People: 10 Ways Of Dealing With People Who Make Your Life Miserable, you could enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout people. What? Still don't get it, oh come on its called reading friends.

Lewis Shafer:

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