

Lethal Lovers And Poisonous People How To Protect Your Health From Relationships That Make You Sick

The Publishers Weekly - 1992

It's Lotus Time - Tina Wiegand 2020-02-27

Did you know? Unknown convictions steer your life. The invisible wall you keep running into, the glass ceiling hindering your career, the secret marriage contract that turns your love into a war of roses - your subconscious mind plays a major role when it comes to finding yourself in troubled waters. Once you find ways to gently discover and understand this unconscious part of yourself, a new world with unexpected solutions will unfold. Questions turn into findings, confusion into clarity, conflicts into energy for creating new solutions. Here's how it works. Based on the psychological and philosophical orientation model Wiegand Lotus the Lotus Time supplies a humorous ego-stretching for the reflection on yourself. Spend some very special Lotus Time with your diary all by yourself, with your partner, your best friend or even your business confidants. Draw one of the expressive and esthetic Lotus Cards from the card deck and find the exiting topics in the workbook that come with them. You will come to answer yourself questions you have never asked before. Find your purpose, add value to your life, reflect on your talents, your instinct's nature, your ancestry, your inner child and many more. Discover and enjoy the enlightening learning effect of shadow work, when you draw cards like "greed", "vanity" or "hatred" while you work your way through the 60 exiting topics for your soul. Find a deeper meaning in your communication and go ahead step by step finding out more about the amazing personality that you are. The future is waiting for us to develop. So don't hesitate. It's high time for Lotus Time.

Contro la psicologia - Frank Furedi 2023-10-17T00:00:00+02:00

Negli ultimi decenni quasi ogni aspetto della vita è diventato oggetto di una nuova cultura delle emozioni. Bambini di nove o dieci anni affermano di sentirsi "stressati" e spesso viene loro diagnosticato uno stato di depressione o di trauma. Delusioni quotidiane - un rifiuto, un insuccesso, il sentirsi ignorati - vengono viste come una minaccia all'autostima. L'affermarsi di questa cultura "terapeutica", di un modo di pensare diffuso che influenza la percezione generale dei fatti della vita, coincide per Furedi con una radicale ridefinizione della personalità. Sempre più si incoraggiano le persone a vedersi come impotenti e insicure, a considerare una certa vulnerabilità come una caratteristica psicologica umana e a esternare la propria fragilità interiore. Esempi estremi occupano quotidianamente lo spazio pubblico, negli innumerevoli reality e talk show o nelle esibizioni da parte di uomini politici della propria umana debolezza. Questo nuovo "sé" patologizzato finisce per essere ancora più vulnerabile e insicuro delle proprie forze. Una situazione che è utile a quanti vogliono smorzare le tensioni sociali, anestetizzare i possibili conflitti, ridurre al silenzio le voci di ribellione, ridefinendo le questioni pubbliche come problemi privati dell'individuo. In un contesto politico e sociale come quello odierno, in cui regna l'incertezza, questo approccio alle emozioni dà vita a un relativismo pericolosissimo per il singolo e ancor di più per la società.

Bottom Line, Personal - 1995

Personality and Family Development - Klaus A. Schneewind
2013-06-17

This unique volume presents the results of a study of 200 German families over a period of 16 years from 1976 to 1992. This study--the findings of which yield a host of new insights into the dynamics of cross-generational personality and family development--is based on an ecopsychological framework comprising four levels of developmental analyses: * individual level--personality development, critical life events, and corresponding coping strategies; * dyadic relationships level--changes in parent-child relationships across time and development of marital relationships; * family relationship level--development of family climate and its impact on current dyadic relationships; and * contextual/ecological level--perceived changes in societal conditions, corresponding patterns of personality and coping strategies. The authors focus on the important ideas and keep methodological details to a minimum in the text. Technical issues having to do with data analysis, etc., are discussed in an appendix.

Therapy Culture: Cultivating Vu - Frank Furedi 2013-10-28

First published in 2004. Routledge is an imprint of Taylor & Francis, an informa company.

A Philosophy of Fear - Lars Svendsen 2008-11-01

Surveillance cameras. Airport security lines. Barred store windows. We see manifestations of societal fears everyday, and daily news reports on the latest household danger or raised terror threat level continually stoke our sense of impending doom. In *A Philosophy of Fear*, Lars Svendsen now explores the underlying ideas and issues behind this powerful emotion, as he investigates how and why fear has insinuated itself into every aspect of modern life. Svendsen delves into science, politics, sociology, and literature to explore the nature of fear. He examines the biology behind the emotion, from the neuroscience underlying our "fight or flight" instinct to how fear induces us to take irrational actions in our attempts to minimize risk. The book then turns to the political and social realms, investigating the role of fear in the philosophies of Machiavelli and Hobbes, the rise of the modern "risk society," and how fear has eroded social trust. Entertainment such as the television show "Fear Factor," competition in extreme sports, and the political use of fear in

the ongoing "War on Terror" all come under Svendsen's probing gaze, as he investigates whether we can ever disentangle ourselves from the continual state of alarm that defines our age. Svendsen ultimately argues for the possibility of a brighter, less fearful future that is marked by a triumph of humanist optimism. An incisive and thought-provoking meditation, *A Philosophy of Fear* pulls back the curtain that shrouds dangers imagined and real, forcing us to confront our fears and why we hold to them.

Subject Guide to Books in Print - 1993

Lethal Lovers and Poisonous People - Harriet B Braiker 1993-09

Too much stress in a relationship can lead to toxic emotions, ultimately harming a person's emotional and physical health. Now clinical psychologist Braiker, the author of *The Type E Woman* and *Getting Up When You're Feeling Down*, reveals how to protect one's health from bad relationships.

The Disease to Please: Curing the People-Pleasing Syndrome - Harriet Braiker 2002-02-13

What's wrong with being a "people pleaser?" Plenty! "A fascinating book... If you struggle with where, when, and how to draw the line between your own desires and the demands of others, buy this book!" Kay Redfield Jamison, bestselling author of *An Unquiet Mind* and *Night Falls Fast* People pleasers are not just nice people who go overboard trying to make everyone happy. Those who suffer from the Disease to Please are people who say "Yes" when they really want to say "No." For them, the uncontrollable need for the elusive approval of others is an addiction. Their debilitating fears of anger and confrontation force them to use "niceness" and "people-pleasing" as self-defense camouflage. Featured on NBC's "Today," *The Disease to Please* explodes the dangerous myth that "people pleasing" is a benign problem. Best-selling author and frequent "Oprah" guest Dr. Harriet Braiker offers clear, positive, practical, and easily do-able steps toward recovery. Begin with a simple but revealing quiz to discover what type of people-pleaser you are. Then learn how making even small changes to any single portion of the

Disease to Please Triangle - involving your thoughts, feelings, and behavior - will cause a dramatic, positive and long-lasting change to the overall syndrome. As a recovered peoplepleaser, you will finally see that a balanced way of living that takes others into consideration but puts the emphasis first on pleasing yourself and gaining your own approval is the clearest path to health and happiness.

Books in Print Supplement - 2002

Person to Person - Sharon L. Hanna 1995

This book offers a positive approach to encouraging healthy interactions and relationships, in a variety of real-life situations. It features chapters on personal understanding and self-enhancement, improving interpersonal communication skills and developing and enriching different types of relationships.

Science and Health - Mary Baker Eddy 1987-12

First published in 1875 and read by more than eight million people, this nondenominational book has a 119-year history of healing and inspiration. To attract a new audience, this time-honored message of healing has a powerful new cover, easy-to-read page layout, and word index. Named one of "75 Books by Women Whose Words Have Changed the World".

Contemporary Authors: A Bio-Bibliographical Guide to Current Writers in Fiction, General Nonfiction, Poetry, Journalism, Drama, Motion Pictu - Donna Olendorf 1993-11

Your students and users will find biographical information on approximately 300 modern writers in this volume of Contemporary Authors®. Authors in this volume include: Barbara Bush Tenzin Gyato - Dalai Lama Georges Perec Lucius Shepard

Dangerous Relationships - Noelle C. Nelson 2009-04-27

"A powerful and important book!...Dangerous Relationships could be a life saver."-Susan Forward, Therapist and Author, Men Who Hate Women & The Women Who Love Them and Toxic Parents"I would highly recommend this book to anyone who may be in a violent relationship, or to a relative or close personal friend who has concerns about the safety

of someone they love."-Diane P. McGauley, Executive Director, The Family Place, Chair, Texas Council on Family ViolencePossessiveness, insensitivity, and a sudden personality change are all warning signs of a potential abuser. Dangerous Relationships will help readers recognize a potentially violent personality before it's too late. Interweaving real-life stories of four couples, Dr. Noelle Nelson highlights dangerous turning points in relationships and explains how readers can safely diffuse tension between their spouses, lovers, or roommate and protect themselves from abuse.

New Woman - 1992

Quill & Quire - 1992

The September 11 Syndrome: Seven Steps to Getting a Grip in Uncertain Times - Braiker 2002-05-22

**A portion of the profits from this book are being donated to 9-11 related charities Proven methods for how to live fully and panic-free in the face of anxiety and stress More than just the World Trade Centers were destroyed on September 11. Also lost to us was the sense of security and peace of mind taken for granted by generations of Americans. What once were dismissed as neurotic phobiasfear of flying, of public transportation, and of crowded places, for exampleare now considered normal reactions to real dangers. Written by Harriet Braiker, renowned psychologist and author of the New York Times advice bestseller *The Disease to Please*, *The September 11 Syndrome: Anxious Days and Sleepless Nights* arms readers with proven techniques for developing psychological hardiness and emotional resiliency. Braiker imparts the keys to regaining a sense of control over life and the freedom of mind to travel, conduct business, and experience everyday joys without being crippled by fear.

Lethal Lovers and Poisonous People - Harriet B. Braiker 1992
A guide to dealing with the damaging effects of dysfunctional relationships offers advice on determining the toxicity level of an individual in one's personal life

Lethal Lovers And Poisonous People How To Protect Your Health From Relationships That Make You Sick:

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