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Vampires At Work Dealing With  
Bosses And Coworkers Who  
Drain You Dry

# **Emotional Vampires At Work Dealing With Bosses And Coworkers Who Drain You Dry**

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### **Amazon.com: Emotional Vampires at Work: Dealing with ...**

Banish the bloodsuckers from your professional life Whether it's a coworker, subordinate, or boss, there's at least one emotional vampire in every office. These people try your patience, sap your energy, and add an entirely unhealthy dynamic to workplace productivity. The bestselling author of Emotional Vampires

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In *Emotional Vampires at Work*, Albert Bernstein offers concrete, step-by-step guidance to manage life around these misfits. You'll learn to take care of your and your valued colleagues' needs, while contributing your best to your organization—with maturity and sanity."

-- Nancy Ancowitz, author of *Self-Promotion for Introverts*

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Paranoids Don't accept face value for

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anything; offer their own version of  
clarity and truth Always looking for  
deviation from the concrete rules they  
live by, incredibly perceptive Intolerant  
of ambiguity Think everything connects  
to them in some way Unpredictable  
Often vindictive and slow to ...

### **How to Stop 5 Types of Emotional Vampires from Destroying ...**

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## **Buy Emotional Vampires at Work: Dealing with Bosses and ...**

One step removed from criticizing or bullying you, intimidation is a tool some energy vampires turn to when they need to stir up some emotional fodder. Fear is a very strong emotional reaction. If...

## **Energy Vampires: 10 Signs to Watch For and How to Deal ...**

Emotional vampire is a colloquial term for toxic people who drain us of our energy and leave us feeling emotionally exhausted. They have a parasitic quality in that they provoke emotional reactions in others and “feed off” their emotions as well as resources. Empaths and highly sensitive people tend to be targeted by emotional vampires due to the strength of their emotions and vibrant energy.

## **7 Ways Emotional Vampires Drain**

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To deal with a psychic vampire, speak up whenever you feel like you're being controlled, since psychic vampires thrive on controlling others. If, for example, a psychic vampire is trying to tell you what to do, cut them off with something like "I appreciate your advice, but I can work through this on my own."

### **How to Deal With Psychic Vampires: 11 Steps (with Pictures)**

Emotional Vampires at Work Giving Until it Hurts. Passive Aggressive Histrionics love giving. Most of it is truly sincere, but some crosses the... Suffering in Silence. Many Histrionics also believe that the more you deny yourself, the better you are as a person. Pattern of Pathological Giving. This ...

### **Emotional Vampires at Work - Beliefnet**

Dealing with Emotional Vampires Over the years I've been asked to do interviews on a whole range of topics

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Bosses And Coworkers Who  
Drain You Dry!  
but it's at Halloween that the topic of emotional vampires tends to come up. It's a little kitsch but the media love things like that!

### **Margie Warrell | Dealing with Emotional Vampires**

In *Emotional Vampires at Work*, Albert Bernstein offers concrete, step-by-step guidance to manage life around these misfits. You'll learn to take care of your and your valued colleagues' needs, while contributing your best to your organization—with maturity and sanity."

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

Unfortunately, you are bound to find these emotional vampires almost everywhere and anywhere. In other cases, some people may even fail to recognize these personalities, and constant exposure to them may eventually lead to them turning into one. That's osmosis at work, right there.



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## **How to Recognize and Escape**

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5 Types of Emotional Vampires. 1. The Narcissist. Their motto is "Me first." Everything is all about them. They have a grandiose sense of self-importance and entitlement, hog attention, and crave ...

### **The 5 Types of Emotional Vampires in Your Life ...**

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