

In his international bestseller, *Dinosaur Brains*, psychologist Albert J. Bernstein told readers how to deal with difficult people at work. Now, in a groundbreaking new book, Bernstein tackles a more serious problem that profoundly affects the lives of millions of people: walking time bombs. How do you help a friend who explodes into panic attacks? What do you say when a depressed family member bursts into tears? How do you protect yourself when a stranger blows up in your face? Too often, our choices make matters worse. But it isn't our fault. All that we feel, and much of what we hear directs us to defend the fearful, comfort the sad, and talk sense to the angry, regardless of the utter futility of these well-meaning actions. Moment to moment, people with mental disorders stand at the crossroads between getting better and getting worse. For disorders to heal, medicine, psychotherapy, the encouragement of friends, and the kindness of strangers must all point explosive people toward a single direction. People with anxiety disorders must turn and face their fear rather than running away. Depressed people cannot wait to feel better to do the things that will make them feel better. Angry people have to recognize that anger is something they do, not a reaction to what is done to them. Reaching these goals sometimes requires stunning feats of mind over matter. In *How to Deal with Emotionally Explosive People*, Dr. Bernstein demonstrates, step by step, how to do them.

*Lets Go Snowboarding (Adventures Outdoors)*, *The works of John Locke: in nine volumes*, *Ubd Regional Maps: Sydney Region Business 265*, *Cracking the AP Calculus BC Exam, 2017 Edition (College Test Preparation)*, *The prose works of Jonathan Swift (Volume 6)*, *Gabriel Tolliver*,

An emotionally explosive person has a Jekyll and Hyde personality. You never know which one you're gonna get. It feels like walking on a.

In his international bestseller, *Dinosaur Brains*, psychologist Albert J. Bernstein told readers how to deal with difficult people at work. Now, in a. In his international bestseller, *Dinosaur Brains*, psychologist Albert J. Bernstein told readers how to deal with difficult people at work. Now, in a groundbreaking. This manual is designed for anyone who lives with, works with, or deals with emotionally explosive people. The personalities described as. The Paperback of the *How To Deal With Emotionally Explosive People* by Albert J. Bernstein at Barnes & Noble. FREE Shipping on \$ or.

Find out how to deal with emotionally explosive people and keep yourself calm.

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