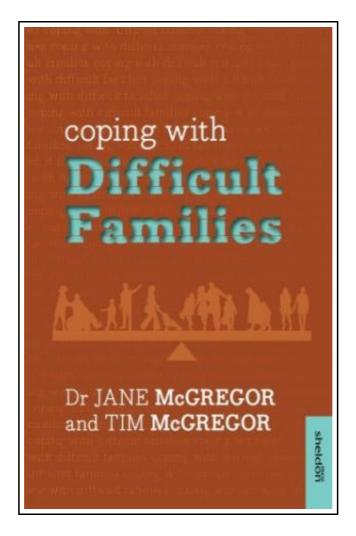
Coping with Difficult Families



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Reviews

It is really an amazing pdf which i actually have possibly read. I really could comprehended almost everything using this published e pdf. Its been printed in an remarkably easy way and it is just soon after i finished reading through this book in which in fact changed me, modify the way in my opinion. (Jena Jacobi)

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SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping with Difficult Families, Jane McGregor, Tim McGregor, We all have family members who push our buttons. Some are poor communicators, others are anti-social, and the rest are out to make our lives a misery! With a strong emphasis on empathy and emotional intelligence, the book offers practical advice on how to break dysfunctional family dynamics, and interact effectively with other members. Topics include: the role of empathy family members with little or no empathy personality disorders including borderline personality disorder (BPD), antisocial personality disorder (AsPD) and narcissistic personality disorder (NPD) empaths and super-empaths - super-perceptive and sensitive people how to set boundaries and sever ties if need be overcoming emotional trauma developing self-compassion.



See Also



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