



Emotional Vampires: Dealing With People Who Drain You Dry

Albert Bernstein

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"Bernstein provides a field guide to the various types of Emotional Vampires and advises readers how to protect themselves from being victims of these predatory personalities." Boston Globe

From bestselling author Albert J. Bernstein

The author of *Dinosaur Brains* offers protection from people who seek to destroy the emotional and psychological well-being of others. Like the fabled demons, these vampires:

- Think their needs are more important than yours
- Believe "the rules" apply only to other people
- Use their tempers in the same way terrorists use bombs

Emotional Vampires tells readers how to spot a "vampire" in their lives, which defense strategies to employ to prevent one from striking, and what to do if and when they find themselves under attack.

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From reader reviews:

Anthony Powell:

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