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TYPES OF EMOTIONAL VAMPIRES

P.S. And how
to repel them

Emotional Vampires

Jennifer Hope Siller



Emotional Vampires:

Emotional Vampires: Dealing With People Who Drain You Dry Albert J. Bernstein, 2002-04-12 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

Emotional Vampires Kathleen Rhodes, Daniel Rhodes, 2022-07-12 Since ancient times Vampire legends have had a powerful hold on the human imagination This fascination continues today with the popularity of Bram Stokers Dracula New vampire books and movies and pop cultural phenomena Daniel Rhodes and Kathleen Rhodes D N Sc believe that very real vampires are stalking their prey from the shadows not the mythical bloodsuckers of folklore fame but emotional vampires who deliberately drain others psychologically Emotional Vampires are individuals we deal with in daily life who leave us feeling abnormally angry confused upset or fatigued These manipulative psychological leeches may be total strangers or our best friends co workers or family members By controlling situations and people for their own purposes they prey upon their victims with deliberate aim of stealing emotional energy just like mythical vampires Many of these predators know exactly how much frustration anger and anxiety they inflict while others carry on virtually unaware of the damage they cause and victims are many times unaware that they are being bled These Vampire attacks may be one time interactions or they could go on for years They can range from just being emotionally troublesome to threatening careers mental health and even the lives of their victims Often emotional vampires use a clever set of techniques Task blocking Have you ever worked on an important project with a co worker who prevents you from finishing the task and then blames you Turnaround Have you ever complained about a poor product or service only to have a clerk rudely abuse you Vectors Have you ever felt fear from being tailgated or cut off by another driver or anger at a difficult neighbor who seems to enjoy disturbing your pace with his barking dog or loud stereo The vampire signature After having a run in with one of these predators has he or she shown you by a smirk or a smart remark that you ve been had Illustrated fascinating personal stories from victims this insightful work identifies and classifies emotional predators exposes the methods they use describes the collective vampirism of groups and offers ways to combat the effects of an emotional attack Emotional Vampires : How to Deal with Emotional Vampires & Break the Cycle of Manipulation. (A Self Guide to Take Control of Your Life & Emotional Freedom) Scott Green, 2015-06-10 Do you know someone who makes you feel weak but in a bad way Are you avoiding some people because they ll ruin your day if you come across them Is your life falling apart ever since you have begun a relationship with someone unique Chances are

that you have crossed paths with real life vampirism We know that vampires are a k a undead blood suckers are the stuff of fiction but there are genuine depleters of vitality that you should beware of These dangerous creatures are none other than the emotional vampires Emotional vampires are people who suck your personal energy They do that by brainwashing you into becoming dependent on them weakening you so that you become defenseless against their assaults and pulling the wool over your eyes so that you won't realize that you're being victimized Why do they do this Emotional Vampires and Your Hormones Alan J. Sault MD, ABHM, 2013-11 A thoughtful and thorough look at the pervasive effects of hidden stresses on mind body health and a look at alternative treatments **Summary of Albert J. Bernstein's Emotional Vampires** Everest

Media, 2022-05-02T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Emotional vampires are people who seem friendly and charming at first but who in reality are draining you of your emotional energy They are the neighbors who are so warm and cordial to your face but spread stories behind your back 2 Emotional vampires are people who have characteristics of what psychologists call personality disorders They see the world differently than other people do and their perceptions are distorted by their cravings for immature and unattainable goals 3 Emotional vampires are not easy to spot since they usually act like normal responsible adults They are usually not aware of the childish needs that drive them You should be able to spot them by the most important thing in the world to them being the most important thing in the world 4 Antisocials are the sexiest and most exciting vampires They love parties sex drugs rock n roll and anything else stimulating They hate boredom worse than a stake through the heart All they want out of life is a good time

Dealing with Emotional Vampires Who Drain You in Life and at Work (EBOOK BUNDLE) Albert J. Bernstein, 2013-09-20 TWO E BOOKS IN ONE Emotional Vampires at Work 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 and Dinosaur Brains shows you how to spot and deal effectively with these dysfunctional elements in the workplace This book equips individuals with the tools to identify and defend against a wide array of emotional vampires at work It offers well developed tactics for navigating the most difficult people in any organization Katherine Crowley and Kathi Elster bestselling authors of Working with You Is Killing Me and Mean Girls at Work Emotional Vampires Second Edition Have you met people who seemed so perfect at first but later turned out to be a perfect mess Have you been blinded by brilliant bursts of charm that switched on and off like a cheap sign Have you heard promises whispered in the night that were forgotten before dawn Even then do you wonder is it them or is it me It's them Emotional vampires For ten years clinical psychologist Dr Al Bernstein's Emotional Vampires has been the go to self help manual for coping effectively with the people in life who take undue advantage and seem to suck all our emotional energy Now thoroughly revised and updated in response to the thousands of calls and emails Dr Bernstein has received about the book Emotional Vampires aims to help you cope effectively with the people in life that confound confuse and sap every

ounce of energy *Emotional Vampires at Work: Dealing with Bosses and Coworkers Who Drain You Dry* Albert J. Bernstein, 2013-05-24 DO YOU WORK WITH VAMPIRES LEARN HOW TO PROTECT YOURSELF 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* and *Dinosaur Brains* shows you how to spot and deal effectively with these dysfunctional elements in the workplace ANTISOCIALS who crave excitement in all its forms including aggression If your boss or a coworker is trying to push you around Learn that the most important battle to fight with a bully is in your own mind HISTORIONICS who believe that what it looks like is more important than what it is If your boss thinks any problem can be solved with a motivational seminar Learn how to get a manager wannabe to actually manage NARCISSISTS who believe that the universe revolves around them If your CEO makes Louis XVI look like Gandhi Learn techniques that diplomats have used throughout history to teach infantile monarchs to act like grown ups OBSESSIVE COMPULSIVES who can t seem to see the forest for the trees If there is absolutely no task that your boss considers too small to micromanage Learn to be a Control Freak Whisperer by seeing your boss s fear rather than your own irritation PARANOIDS who think they ve found the simple truths that explain everything If you work in a place where you can t get ahead unless you drink the Kool Aid Learn how to recognize a toxic belief system before it poisons you VAMPIRE CULTURES when vampires get promoted to positions of power they remake organizations in their own image Learn the 15 warning signs that tell you to get out before sunset PRAISE FOR EMOTIONAL VAMPIRES We love so much about this book A great complement to *Dealing with People You Can t Stand* it goes beyond dealing with the merely difficult behavior to the truly pathological Bernstein offers believable examples and useful descriptions This is the book to recommend when the topic of truly horrible behavior comes up Dr Rick Kirschner and Dr Rick Brinkman authors of the international bestseller *Dealing with People You Can t Stand* This book equips individuals with the tools to identify and defend against a wide array of emotional vampires at work It offers well developed tactics for navigating the most difficult people in any organization Katherine Crowley and Kathi Elster bestselling authors of *Working with You Is Killing Me* and *Mean Girls at Work* It s amazing how one manipulative territorial or otherwise self serving boss or employee can make the lives of everyone around miserable 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* **Emotional Vampire Terrorists** Conrad Riker, 101-01-01 The Silent War Against Men Has Already Been Lost And She s Winning Have you ever noticed how every conversation gets twisted until you re the villain just for speaking truth Do you feel like the world is rigged language weaponized and women treated as flawless saints while men are taxed shamed and erased Have you asked yourself How did we get here and why does no one else see it This book is not

another rant It s a forensic dismantling of the ideological virus infecting the West a virus coded female baptized in Marxism and armed with tears tantrums and totalitarian demands You will discover How feminism evolved from a civil rights movement into a supremacist ideology that hates men marriage and merit Why emotional vampires don t need fangs they use guilt hysteria and state power to feed The real reason women dominate victimhood while avoiding responsibility and how they weaponize it How leftist dogma copies maternal overprotectiveness turning society into helpless infants and scapegoated predators Why crybullies win every argument without logic because emotion is now law The psychological profile of the modern empowered woman and why it mirrors narcissism BPD and collective psychosis How gynocentric bias rewrote law education media and religion to favor female interests at male expense Why Western men are disarmed isolated and losing and what you can do to fight back If you want to understand the truth behind the war on men reclaim rational discourse and expose the female supremacist engine destroying civilization buy this book today **Emotional Vampires:**

Dealing With People Who Drain You Dry Albert J. Bernstein,2001-01-21 Best selling author Albert J Bernstein helped thousands of people deal with the dangerously stupid at work in Dinosaur Brains In Emotional Vampires he goes even further to protect unsuspecting mortals from more devious and harmful creatures vampires ready to bite suck and kill the emotional and psychological wellbeing of their victims Like the fabled demons these vampires come in many shapes The living dead who think their talents place them above the laws of nature Lords of darkness with huge egos and tiny consciences Scary monsters who use their tempers in the same way terrorists use bombs Blood suckers who think others were created for their convenience 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 **Emotional Vampires: Dealing**

with People Who Drain You Dry, Revised and Expanded 2nd Edition Albert J. Bernstein,2012-06-15 Emotional Vampires tells how to spot them in your life which defence strategies to employ before something happens and if need be what to do when you find yourself under attack **Vampires Do Exist** Dado Dali,2012-10-15 Everything you can find in this text are pure facts from real life but also a word of science In further pages of our work we will display not only science facts vampires and vampirism but also about real cases from real life that are confirmed by the public and people talk about it

The Empath's Survival Guide: Boundaries for Overwhelmed Feelers Sarah Hart,2025-02-05 Are you an empath or a highly sensitive person struggling to navigate a world that often feels overwhelming Do you find yourself drained by emotional overload sensory stimulation or toxic energy This guide is your lifeline In The Empath s Survival Guide Boundaries for Overwhelmed Feelers discover practical tools and transformative strategies designed specifically for empaths seeking peace balance and empowerment From setting healthy boundaries and protecting your energy to healing from empathy fatigue and thriving in chaotic environments this book equips you with everything you need to reclaim your power and live authentically Inside you ll learn how to Master grounding exercises for anxiety and quick techniques to reset during moments

of overstimulation Use scripts for saying no without guilt to confidently communicate your needs in relationships work and social settings Navigate challenges like dealing with emotional vampires handling workplace stress and avoiding burnout as an empath Build supportive communities and foster harmonious connections through effective communication and mindful habits Explore spiritual tools for energy protection including chakra balancing meditation practices and rituals to clear negativity Whether you're looking for parenting advice for empaths daily routines for sensitive individuals or ways to create peaceful spaces at home this guide offers actionable steps tailored to your unique needs You'll also delve into topics like managing anxiety enhancing intuition and detoxing negative influences helping you cultivate resilience and thrive in both personal and professional spheres Packed with journaling prompts for emotional healing micro meditations for busy professionals and insights on living authentically as a sensitive soul this book is more than just a survival manual it's a roadmap to flourishing If you're ready to embrace your gifts protect your energy and step into a life of purpose and harmony this guide will light your way Let these proven strategies help you transform overwhelm into strength and sensitivity into your greatest asset

Emotional Vampires The Blokehead, 2015-07-01 Do you know someone who makes you feel weak but in a bad way Are you avoiding some people because they'll ruin your day if you come across them Is your life falling apart ever since you have begun a relationship with someone unique Chances are that you have crossed paths with real life vampirism We know that vampires aka undead blood suckers are the stuff of fiction but there are genuine depleters of vitality that you should beware of These dangerous creatures are none other than the emotional vampires Emotional vampires are people who suck your personal energy They do that by brainwashing you into becoming dependent on them weakening you so that you become defenseless against their assaults and pulling the wool over your eyes so that you won't realize that you're being victimized Why do they do this

Discover Your Authentic Self Sherrie Dillard, 2016-06-08 Embrace your authentic self and let your soul's light shine forth with guidance from 150 lessons meant to inspire motivate and teach This empowering book helps you shed what is false and come to know accept and express your true self With essays to uplift and engage you through personal stories meditations exercises affirmations and question prompts Discover Your Authentic Self shows you how to live according to your passions and purpose Explore a range of topics for self discovery including intuition spirit animals recognizing personal abilities as related to archetypes living your purpose spirit essence and energy chakras and auras and more With this remarkable book you'll unlock your truth and set yourself free

The Vampire Unmasked Pasquale De Marco, Embark on a captivating journey into the realm of vampires where legends and myths intertwine with reality This comprehensive guide delves into the diverse representations of vampires across cultures examining their origins characteristics and enduring fascination From the bloodthirsty creatures of ancient folklore to the alluring anti-heroes of modern fiction vampires have captivated human imagination for centuries Discover the Evolution of Vampires Through History Unraveling Their Cultural Impact Witness the remarkable transformation of vampires throughout

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Psychic Vampires and Empaths Sergio Rijo, 2023-04-12 Are you an empath who constantly feels drained and overwhelmed by the energy of others Do you struggle with protecting your own energy and finding balance in your relationships Or are you curious about the concept of psychic vampires and how to protect yourself from their energy draining tactics If so this book is for you In *Psychic Vampires and Empaths The Ultimate Guide to Protection and Healing with Energy Crystals Reiki and More* I delve into the world of energy vampires and provide you with the tools and techniques to protect yourself and heal from their effects From understanding the different types of psychic vampires and their tactics to learning how to strengthen your energetic boundaries and cultivate self care practices this book offers a comprehensive guide to empower you to take control of your energy and your life But protection is only half the equation As an empath you have the ability to harness your own energy and use it for healing and positive change In this book I explore the world of energy healing and provide you with techniques such as Reiki crystal healing and meditation to help you connect with your own energy and use it to promote healing balance and personal growth Whether you re an empath struggling to protect your energy or someone curious about the world of psychic vampires and energy healing this book is an essential guide to understanding and mastering the power of energy

The Ethical Psychic Vampire: A Guide to Living in Harmony with

Others Pasquale De Marco,2025-05-10 The Ethical Psychic Vampire A Guide to Living in Harmony with Others is the definitive guide to psychic vampirism It covers everything from the basics of psychic vampirism to the different types of psychic vampires It also provides practical advice on how to protect yourself from psychic vampires and how to cope with the effects of psychic vampirism Whether you are a psychic vampire or someone who has been affected by psychic vampirism this book can help you It is a valuable resource that can help you understand psychic vampirism and its effects Pasquale De Marco is a leading expert on psychic vampirism He has written extensively on the subject and has helped thousands of people understand and cope with psychic vampirism In The Ethical Psychic Vampire A Guide to Living in Harmony with Others Pasquale De Marco provides a comprehensive overview of psychic vampirism He discusses the different types of psychic vampires the causes of psychic vampirism and the effects of psychic vampirism He also provides practical advice on how to protect yourself from psychic vampires and how to cope with the effects of psychic vampirism The Ethical Psychic Vampire A Guide to Living in Harmony with Others is an essential resource for anyone who wants to understand psychic vampirism It is a well written and informative book that provides practical advice on how to protect yourself from psychic vampires and how to cope with the effects of psychic vampirism If you are interested in learning more about psychic vampirism this book is a must read It is a valuable resource that can help you understand psychic vampirism and its effects If you like this book write a review on google books [The Psychic Vampire Codex](#) Michelle A Belanger,2004-07-01 The Psychic Vampire Codex is the first book to examine the phenomenon and experience of modern vampirism completely from the vampire s perspective Father Sebastiaan a fellow vampire writes in the foreword that Michelle Belanger s system introduced a breath of fresh air into the vampire subculture It freed us to look at ourselves in a new light and it also helped those outside our community to view us differently No longer were we parasites or predators we could use our inborn abilities to help people heal Psychic vampires are people who prey on the vital human life energies of others They are not believed to be undead They are mortal people whose need for energy metaphorically connects them to the life stealing predators of vampire myth In The Psychic Vampire Codex Michelle Belanger author and psychic vampire introduces readers to the fascinating system of energy work used by vampires themselves and provides the actual codex text widely used by the vampire community for instruction in feeding and other techniques Belanger also examines the ethics of vampirism and offers readers methods of protection from vampires The Psychic Vampire Codex explodes all preconceptions and myths about who and what psychic vampires really are and reveals a vital and profound spiritual tradition based on balance rebirth and an integral relationship with the spirit world **Love Intertwines** Jennifer Siller,2003-09 She writes poetry Such intimate expression His inspiration Jennifer Siller author of Heartfelt Expressions Fear and Faith Heartfelt Expressions and Love Intertwines **Hope** Jennifer Hope Siller,2012-02 This book shall soothe your soul with heartfelt sincerity and challenge your views Perhaps it will bring intimacy to you directly from the heart of an intellectually stimulating and vivacious woman

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