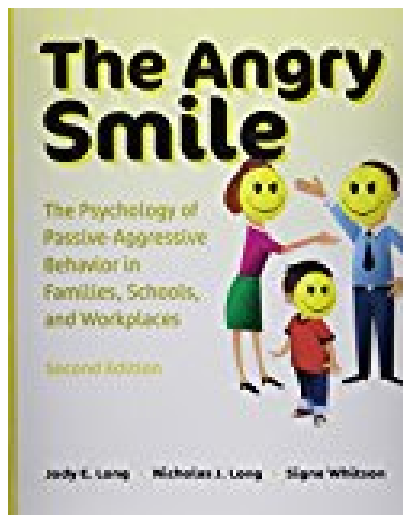


The Angry Smile The Psychology of Passive-Aggressive Behavior in Families Schools and Workplaces



BOOK DETAILS

- Author : Nicholas James Long
- Pages : 166 Pages
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BOOK SYNOPSIS

Learn the Powerful Skills of Benign Confrontation! *Step 1: Recognize the patterns of passive-aggressive behavior *Step 2: Refuse to engage in the Passive-Aggressive Conflict Cycle *Step 3: Affirm the anger *Step 4: Mangle the denial *Step 5: Revisit the thought *Step 6: Identify areas of competence What is passive-aggressive behavior? The authors of this three-part book have studied the psychology of this behavior for over four decades in both clinical and educational settings. They offer real-world examples and empowering, practical strategies for working with or when confronted with individuals who exhibit any of the five levels of passive aggressiveness.

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