



Emotional Bullshit: Overcoming the Toxic Deceptions That Threaten to Ruin Your Relationships - And Your Life (Paperback)

By Paul Alasko, Carl Alasko PH. D., Ph D Alasko

Penguin Putnam Inc, United States, 2009. Paperback. Book Condition: New. 208 x 138 mm. Language: English . Brand New Book. An invisible disease is affecting every aspect of your life. Insidious and creeping, it shapes you everyday from the bedroom to the boardroom, from your shopping splurge, to the extra helping at your holiday dinner, to the dangerous liaison at work. It s called emotional bullshit, and it s encroaching on your happiness. In Emotional Bullshit: The Hidden Plague That Is Threatening to Destroy Your Relationships AND HOW TO STOP IT , Carl Alasko, Ph.D. sheds light on the stealth disease of Emotional BS: that is, the Toxic Trio of denial, delusion and blame that we fall back on when faced with difficult situations. These three dynamics work together to distort and manipulate truth, create a delusional reality, and shift blame when things fall apart. With the toxic trio in action, it s all but impossible to get at the heart of the problem. The result, however, is obvious no one can achieve happiness and fulfillment. And when used in the world of business, Emotional BS can lead to financial ruin. In his over twenty years working with individuals, couples and families...



READ ONLINE
[7.56 MB]

Reviews

Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.

-- Dr. Sarai Fisher DDS

Undoubtedly, this is the best function by any writer. This really is for those who statte there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.

-- Dr. Deonte Hammes DDS

Related Kindle Books



Walking (Paperback)

1st World Library, United States, 2004. Paperback. Book Condition: New. 208 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to sharpen their skills and don t mind...



Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for freeA best-selling...



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Polly Oliver s Problem: A Story for Girls (Paperback)

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator. She was born in Philadelphia of Welsh...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...