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Book Catalog

Nasty People

How to Stop Being Hurt by Them Without Becoming One of Them

By [Jay Carter](#)

Our Price: **\$7.15** (Save 10%)

Original Cover Price: \$7.95

Our Item Code: **Nasty**

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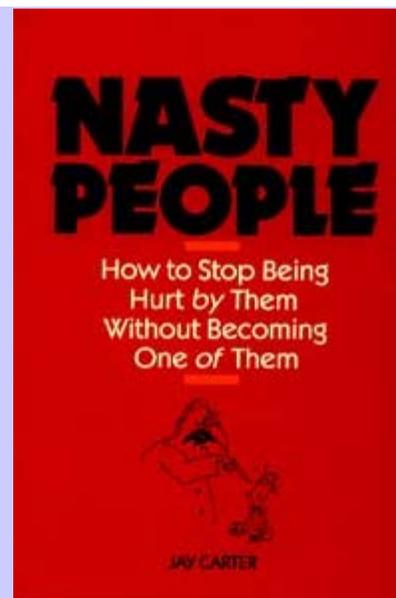
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96 Pages, Trade Paperback

Cover Size: 6 x 9 inches

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Credibility	Research Value	Cultural Interest	Visual Information	Style	Silliness	Wow Factor	Bargain
5	3	5	NR	5	2	5	5
Very High	Moderate	Very High	Not Rated	Stunning	Low	Wow!	Very High

[Explanation of Ratings](#)

Credibility = Very High: In general, this category is a rating of the author's intellectual discipline and the strength of his argument (which are very high), not the veracity of his claims (which could be false in spite of the strong argument).

All too often we have to deal with them: those mean, destructive people who seem to live only to put others down. One nasty person can poison an organization, and he will make your life misery if you happen to work with or under him. This short, practical book helps you understand the abusive personality and learn how to avoid being abused. The nasty person is an "invalidator". He seeks to prop up his own self-esteem by devaluing others. He *has* to control others by whatever means possible, and despite occasional lapses into courtesy, he will probably never change. Then there is the other side of the relationship: the victim. Often the victim chooses his plight by not getting away from the invalidator when given the opportunity. Victims, in turn, often become invalidators themselves. There is no easy cure for the "little Hitlers" we often encounter, but we can learn to anticipate their reactions -- as animal trainers must do with the lions. For anyone not living in a cave, this book is an essential social survival manual. Illustrated with cartoons by Daniel Hockstatter. -- *Glenn Campbell*

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Information from the Publisher

Always supportive

From the Book Cover

It is very likely you have met someone who could make you feel as big as the period at the end of this sentence. You probably walked away angry or hurt and later thought of all sorts of things you wish you had said. The memories of situations and people like that may still twist your stomach into knots.

Perhaps you work with someone who seems to be able to control you by making you feel bad.

Maybe you live with someone who manipulates you with shouts or tears.

Or it could be that you yourself are a "nasty person".

If any of these scenarios sound familiar to you, you'll find this book to be of great value. It's all about nasty people-people who bring themselves up by putting others down. It uncovers the weapons they use to get what they want and reveals the secrets of how to handle their misdeeds by using everything from humor to confrontation. With Nasty People, you'll never again be defenseless against the office gossip, the false friend, the know-it-all spouse--even a real SOB. The book discusses:

- How nasty people think
- The nasty boss
- The nasty husband or wife
- The typical "victim"
- What to do if you think you might be a nasty person
- How to break the cycle of nastiness

Nasty People has the power to change your life because once you know how to spot and conquer nasty behavior, the people who used to intimidate you lose their power. Best of all, you'll learn that you don't have to turn into a jerk to get rid of one!

Jay Carter is a psychologist and professional speaker. He lives near Philadelphia.

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