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# TYPES OF EMOTIONAL VAMPIRES

P.S. And how  
to repel them

# Emotional Vampires

**Albert J. Bernstein**



## **Emotional Vampires:**

**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 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** 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 Identify, Block, and Starve the People Who Drain You** marshall venn, They don t want your love They want your life force Emotional Vampires exposes the real reason you feel tired confused

anxious or disconnected after certain interactions your field is being fed on These aren't just toxic people They're frequency parasites And they know exactly how to drain you while pretending to care This book reveals The 6 types of emotional vampires and how to spot each one fast Why narcissists gaslighters and covert manipulators feed off your energy not your emotions The invisible hook and feed mechanism used by friends family and lovers How to permanently cut cords close leaks and reclaim your signal The secret to becoming unfuckwithable energetically emotionally and spiritually This is the survival manual for empaths creators and anyone who has ever felt off after dealing with someone You don't need to protect yourself you need to seal your field Once you do they disappear

### **Emotional Vampires and Your Hormones** Alan

Sault, 2013-11-27 In Emotional Vampires and Your Hormones An Holistic Physician's View on How Stress Affects Your Well Being and What to Do About It Alan J Sault MD ABHM describes the vampires we encounter every day and how our bodies are affected by them This unique guide offers the insight of a veteran physician who has devoted his life to helping people live stress free Dr Sault clearly a very thoughtful and compassionate physician provides the reader with a very strong and thorough grounding in understanding the pervasive effects of hidden stresses on mind body I will highly recommend this book to anyone who is looking for the keys to good health You will find many of them are here and presented in an elegant blend of mind body spirit medicine Dr Rober Hedaya MD DFAPA author of The Antidepressant Survival Guide The Clinically Proven Program to Enhance the Benefits and Beat the Side Effects Stress is an elusive symptom to objectively identify but Dr Sault does a great job The hormonal axis and its role in stress and how it affects the body is dealt with in the form of diagrams and didactics that are understandable He then offers alternative treatment with explanations and references both for and against the various therapies both allopathic and holistic Dr Tim Blend MD founder of The Blend Institute

### **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 HISTRIONICS 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 **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

**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,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: 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

Surrounded by Energy Vampires Thomas Erikson, 2023-10-03 Vanquish the energy thieves in your life and at work Are there people in your life that leave you feeling drained depleted and just exhausted Twenty minutes with these people and you feel as if you've just run a marathon They demand limitless time emotional support attention or affirmation you dread interacting with them but don't know how to change the dynamic You've just encountered a real life vampire Dracula has nothing on these ubiquitous social villains who take time energy attention emotional capacity without reciprocating and leave you too exhausted to protest Energy vampires can be people situations or even your own mindset but in Surrounded by Energy Vampires internationally best selling author Thomas Erikson identifies the different types of energy vampires and offers practical tools fun self assessments and relatable stories to help you combat them Using the same simple four color behavior that made Surrounded by Idiots a runaway bestseller Surrounded by Energy Vampires will help you slay the energy sucking interactions in your life whether they're lurking at the office amongst your friends or in your own home **Dolphin Frequencies - Freedom from Energy Vampires** Olivia de Bergerac PhD, 2021-07-20 In this book Olivia documents twenty two case studies of her clients going through transformation while experiencing Dolphin Frequencies Dolphin's Frequencies induce in humans a meditative state based on very slow brain waves called Theta which open the door to the unconscious Humans may discover a soul scar a very emotional trauma that gets healed Humans sometimes discover an energy vampire a parasite or a cord with another person that drains their life forces that can be cleared Through the Dolphins Frequencies and Olivia coaching work clients are freer happier healthier and learn the seven secret of longevity **Energy Vampires: How to Push Negative People Out of Your Life (Managing Stress & Negative Thoughts in Your Personal & Professional Life)** David Smith, Most drug addicts stay addicts because they cannot seem to get rid of the friends they had when they were This is the same for unsuccessful people Becoming successful requires you to associate yourself with successful people Making the right friends takes work time and good intuition It is a skill that you have to develop and I have the tools to assist you in doing so In this must read book you will learn The science of empathy the Mirror Neuron System Types of empathy

The problem of too much empathy Understanding your empathic nature Strengths and weaknesses of empathy How to protect yourself from energy vampires Controlling your emotions with meditation Applications of empathy in the real world and many more As you read more you will grow to understand what this all means and how you can build your gift to begin having a massive impact on the betterment of society without draining yourself or giving yourself away in favor of this mission

**Energy Vampires: How to Identify Them and Protect Your Energy (Simple Balancing Techniques to Help Protect You From Energy Vampires)** John Donnell, You re about to discover Simple balancing techniques to help protect you from energy vampires Ensuring you have the right balance of energy in your body is vital for your health The delicate balance of energy that you have when you are healthy can help your body to function at its very best When you become ill your energy has become blocked or disturbed The topic of energy vampires is one that intrigues a lot of people and it can even be understood and appreciated by those who do not consider themselves spiritual In energy vampires suck you ll discover The 3 most common phrases energy vampires say to people around them Why hurt people might choose to keep getting hurt and how to break the cycle How to use behavioral economics to understand your love for an energy vampire 5 signs your relationship is not healthy and why you might confuse abuse for passion An 8 step process for snuffing out the toxic flame once and for all Surprising link between the language you speak and your ability to say no The single most powerful method you can use to repel any energy vampire And much much more In order to embrace your empathic powers and thrive you ll need tools and strategies which you will find in this fantastic guide carefully created to better manage your emotional world Furthermore this book gives you effective solutions to learn how to avoid toxic people such as energy vampires

*Emotional Freedom* Judith Orloff, M.D., 2010-12-28 A New York Times bestseller Emotional Freedom is a road map for those who are stressed out discouraged or overwhelmed as well as for those who are in a good emotional place but want to feel even better Picture yourself trapped in a traffic jam feeling utterly calm Imagine being unflappable and relaxed when your supervisor loses her temper What if you were peaceful instead of anxious What if your life were filled with nurturing relationships and a warm sense of belonging This is what it feels like when you ve achieved emotional freedom Bestselling author Dr Judith Orloff invites you to take a remarkable journey one that leads to happiness and serenity and a place where you can gain mastery over the negativity that pervades daily life No matter how stressed you currently feel the time for positive change is now You possess the ability to liberate yourself from depression anger and fear Synthesizing neuroscience intuitive medicine psychology and subtle energy techniques Dr Orloff maps the elegant relationships between our minds bodies spirits and environments With humor and compassion she shows you how to identify the most powerful negative emotions and how to transform them into hope kindness and courage Compelling patient case studies and stories from her online community her workshop participants and her own private life illustrate the simple easy to follow action steps that you can take to cope with emotional vampires disappointments and rejection As Dr Orloff shows each day presents

opportunities for us to be heroes in our own lives to turn away from negativity react constructively and seize command of any situation Complete emotional freedom is within your grasp

**Energy Vampires: The Human Energy Vampire Within You (How to Protect Yourself From Toxic People With Narcissistic Tendencies)** Jeffery Lamar, Those people on the surface at least should be the people that love and support you the most Unfortunately this is not always the case and the polar opposite can happen We can feel attacked used and emotionally abused in a variety of different ways Many times these people can be a family member friend or even a work colleague which can make your life much more difficult In the book find out How to spot an energy vampire What to do if you if you are surrounded by negative people How to tell if you are an empath What effects energy vampires have on your spiritual and physical health How to live in a world filled with energy vampires And the very important energy vampire first aid Energy vampires are for anyone curious about interpersonal communications and mindful living Whether you re feeling oppressed by someone in your life or you re suspecting you might be oppressing someone the insights and techniques in this book can set you up for healthy lasting relationships in all areas of life

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 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 **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

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