



Don't let them psych you out! Psychological self-defense for dealing with difficult people - second edition

George D. Zgourides

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ARE YOU TIRED OF FEELING LIKE A DOORMAT? We've all had to deal with difficult and manipulative people. The nosy neighbor, the overbearing boss, the relentless relative, the pushy salesperson. These unscrupulous types always insist on having their way while trying to psych you out! We all know them, but do we know how to deal with them? DON'T LET THEM PSYCH YOU OUT! can help. In this newly updated second edition of his classic book, Dr. Zgourides will teach you effective and easy-to-learn psychological self-defense techniques for handling arguments, showdowns, ambushes, and other difficult situations. DON'T LET THEM PSYCH YOU OUT! won't make your conflicts go away. But Dr. Zgourides will give you practical skills for managing difficult people and situations without losing your dignity or your cool. Dr. George D. Zgourides is a family physician and clinical psychologist with an integrative approach to wellness and the complexities of modern life.

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