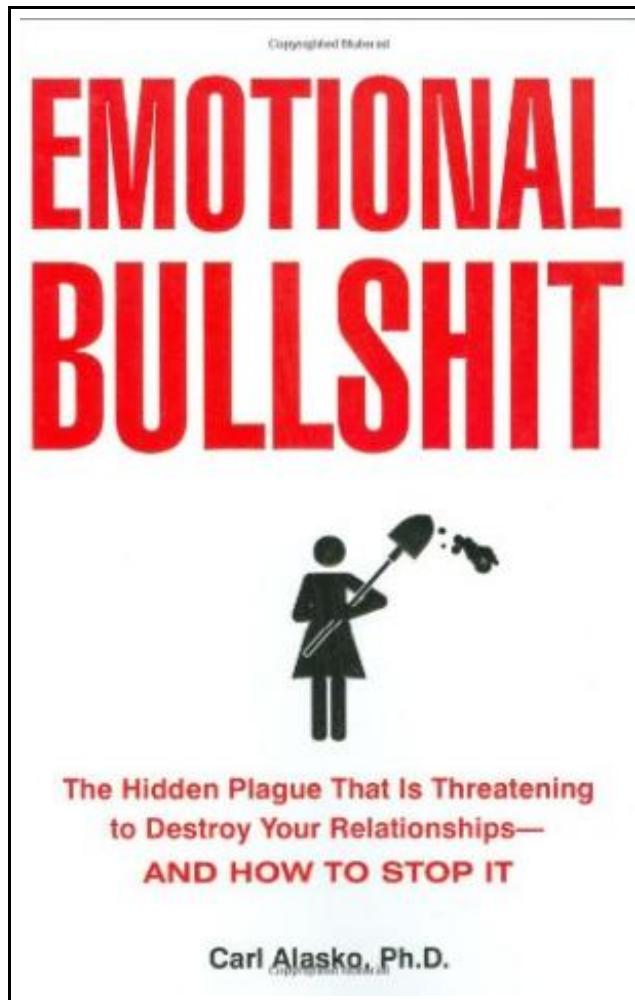


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Penguin Putnam Inc, United States, 2009. Paperback. Book Condition: New. 208 x 138 mm. Language: English . Brand New Book. An invisible disease is affecting every aspect of your life. Insidious and creeping, it shapes you everyday from the bedroom 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 as a psychotherapist, Dr. Alasko has come to recognize the same problem underlying all his patients unhappiness. When confronted with an unpleasant or inconvenient reality, they fall prey to the TOXIC TRIO: DENIAL: My girlfriend enjoys a good time at parties, sure. But she doesn't have a drinking problem. Decoded: There is no problem. Everything is okay. You're exaggerating. See: the drinker, the overweight, the wallet full of maxed-out credit cards (pg 12) DELUSION: Working late isn't a problem. My family will understand when I get that big promotion. Decoded: I'll tell you what's true. Don't...



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