

How to Live with a Control Freak



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(Prof. Dario Lang)*

HOW TO LIVE WITH A CONTROL FREAK

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SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, How to Live with a Control Freak, Barbara Baker, Is a controlling partner making your life a misery? Someone who always wants to make the decisions, or needs to know where you are or what you are doing? Someone who checks up on you, and doesn't believe you even when you are telling the truth? Or maybe you work with a control freak? Bosses or colleagues may put you down or subtly undermine you, or their controlling behaviour feels like bullying. Control freaks come in all shapes and sizes. Often they happen to be people we love, and leaving isn't always the answer. This comprehensive book looks at why people become control freaks, and at what it's really like to live or work with one. Topics include: living with a controlling partner: survival tactics, types of behaviour, including jealous, paranoid and need-too-be-right control freaks, how narcissists may manipulate others, obsessive-compulsive disorder, personality disorders, cause of, treatments for, controlling behaviour, looking at whether controlling behaviour is domestic abuse, controlling parents, self-help strategies for control freaks. Whether at home or in the workplace, Barbara Baker says you can learn to live with a control freak - without losing yourself or your identity in the process.

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