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Coping with Difficult Families

Dr. Jane McGregor

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Coping with Difficult Families

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Coping with Difficult Families Dr. Jane McGregor
We all have family members who push our buttons. Some are poor communicators, others are anti-social, and the rest are out to make our lives a misery! With a strong emphasis on empathy and emotional intelligence, the book offers practical advice on how to break dysfunctional family dynamics, and interact effectively with other members. Topics include: the role of empathy; family members with little or no empathy; personality disorders including borderline personality disorder (BPD), antisocial personality disorder (AsPD) and narcissistic personality disorder (NPD); empaths and super-empaths - superperceptive and sensitive people; how to set boundaries and sever ties if

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