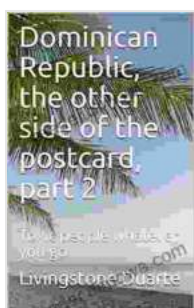


Toxic People: Wherever You Go, There They Are - Protect Yourself from Emotional Vampires

Do you find yourself constantly surrounded by negative people who drain you of your energy and leave you feeling depleted? Do you have a friend or family member who always seems to be in a bad mood and takes their frustrations out on you? If so, you may be dealing with a toxic person.



Dominican Republic, the other side of the postcard, part 2: Toxic people whatever you go

★★★★☆ 4.8 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 33 pages
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Toxic people are those who are negative, critical, and draining. They can make you feel bad about yourself, and they can even damage your mental and emotional health. They may be people you know well, such as a family member, friend, or coworker, or they may be people you only interact with occasionally, such as a neighbor or a cashier at the grocery store.

No matter who they are or how well you know them, toxic people can have a negative impact on your life. They can make you feel bad about yourself, they can damage your relationships, and they can even make you sick.

The good news is that there are things you can do to protect yourself from the negative effects of toxic people. In his book, *Toxic People: Wherever You Go, There They Are*, Dr. Phil McGraw offers practical and supportive advice on how to deal with difficult people in all walks of life. The book provides readers with the tools they need to set healthy boundaries, manage difficult conversations, and protect their mental and emotional health from the negative effects of toxic people.

What are the signs of a toxic person?

Toxic people can come in all shapes and sizes, but they often share some common characteristics. Here are some of the signs of a toxic person:

- They are negative and critical.
- They are always complaining about something.
- They are quick to anger.
- They are always trying to one-up you.
- They are always trying to control you.
- They are always trying to make you feel bad about yourself.

If you find yourself constantly dealing with someone who exhibits these signs, you may be dealing with a toxic person. It is important to remember that you are not alone, and there are things you can do to protect yourself.

How to deal with toxic people

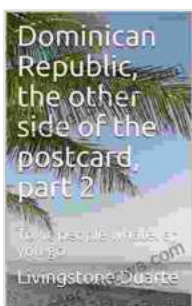
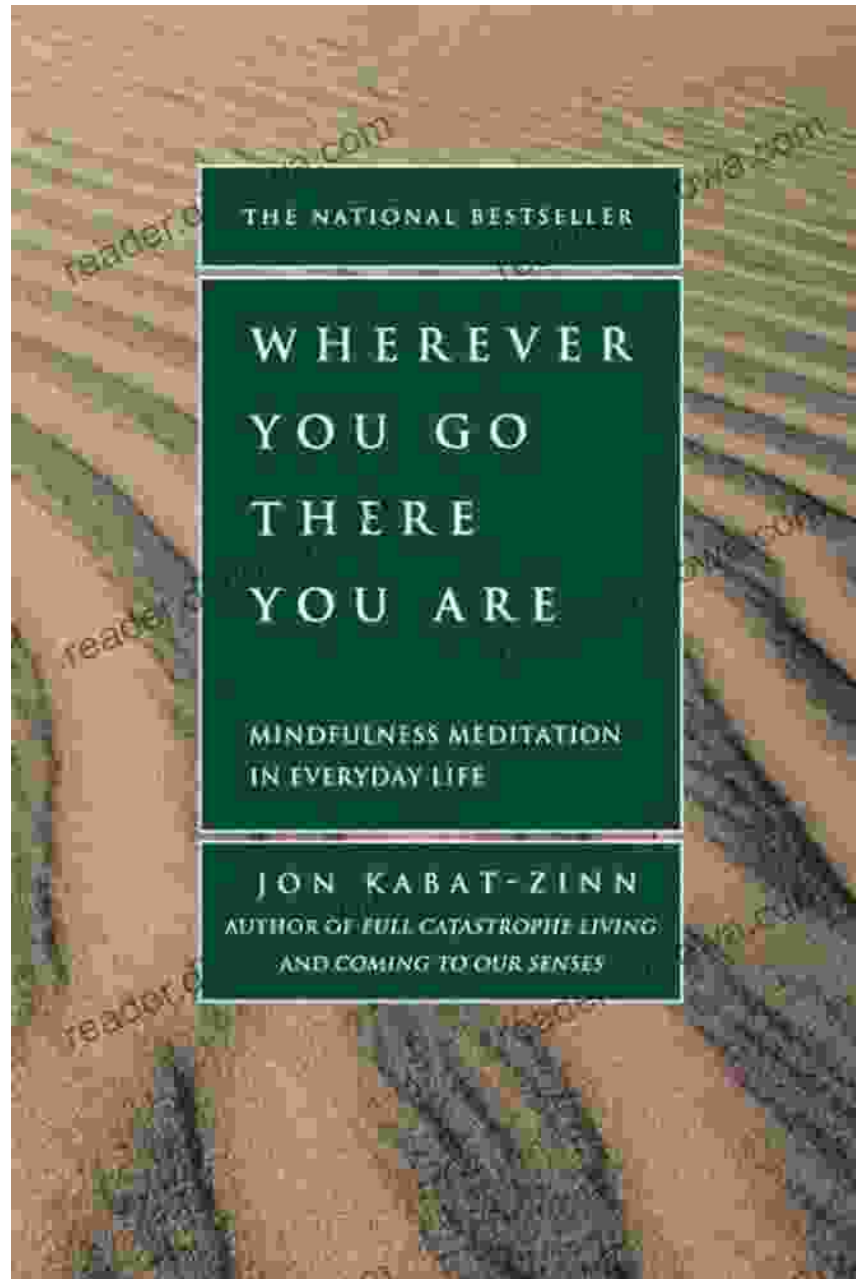
Dealing with toxic people can be difficult, but it is possible. Here are some tips on how to deal with toxic people:

- **Set boundaries.** Toxic people often try to cross your boundaries and make you do things that you don't want to do. It is important to set clear boundaries and let them know what you will and will not tolerate.
- **Manage difficult conversations.** When you have to have a difficult conversation with a toxic person, it is important to stay calm and assertive. Don't let them get the best of you, and don't be afraid to stand up for yourself.
- **Protect your mental and emotional health.** Dealing with toxic people can take a toll on your mental and emotional health. It is important to take care of yourself and do things that make you feel good.

If you are dealing with a toxic person, it is important to remember that you are not alone. There are things you can do to protect yourself, and there are people who can help you.

Dr. Phil McGraw's book, *Toxic People: Wherever You Go, There They Are*, can provide you with the practical and supportive advice you need to deal with toxic people in all walks of life. The book is a valuable resource for anyone who wants to protect their mental and emotional health from the negative effects of toxic people.

Free Download your copy of *Toxic People: Wherever You Go, There They Are* today!



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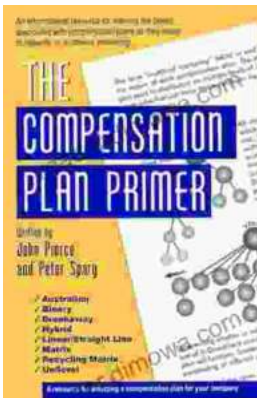
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