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| Autore                  | Brown Nina W                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Titolo                  | Uptight and in your face [[electronic resource] ] : coping with an anxious boss, parent, spouse, or lover / / Nina W. Brown                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Pubbl/distr/stampa      | Santa Barbara, Calif., : Praeger, an imprint of ABC-CLIO, 2010                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| ISBN                    | 1-282-93362-0<br>9786612933622<br>0-313-38556-4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Descrizione fisica      | 1 online resource (192 p.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Disciplina              | 158.2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Soggetti                | Adjustment (Psychology)<br>Interpersonal conflict<br>Interpersonal relations - Psychological aspects<br>Personality assessment<br>Stress (Psychology)                                                                                                                                                                                                                                                                                                                                                                                                           |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Note generali           | Bibliographic Level Mode of Issuance: Monograph                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Nota di bibliografia    | Includes bibliographical references and index.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Nota di contenuto       | Intense, anxious, and self-absorbed -- What you see and feel -- Their internal life -- Anxious about deprivation : the impoverished-self hoarder type -- Depriving self and others : the austere and withholding type -- Wallowing in greed and excess : the indulgent and entitled type -- "You will do what I want" : the controlling and manipulative type -- "Everyone and everything is against me" : the revengeful complainer type -- Why they get next to you : understand your reactions -- Make it better for yourself : effective coping strategies. |