



Crazy-makers and Mean People: Handling Passive-Aggressive People

Monica A. Frank PhD

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What do you do when someone's behavior drives you crazy? Learn why passive-aggressive behavior is difficult to confront, escalates, and makes you look like the "bad guy." Learn how to respond in more effective ways to common passive-aggressive behaviors. Recognize when "mean" behavior is not really mean and how to understand that it is not personal.

Includes:

Crazy-Makers: Passive-Aggressive People

Why Are People Mean? Don't Take It Personally!

36 Examples of Passive-Aggressive Behavior and How to Handle It

Although these articles are also freely available on ExcelAtLife.com, this ebook provides greater convenience when used with your Kindle or Kindle app.

Dr. Frank has provided services to individuals with anxiety, depressive, and stress-related disorders for over 25 years in St. Louis, Missouri, USA, and is the founder of Excel At Life, LLC. Her current work through Excel At Life focuses on providing the public with tools and materials from cognitive-behavioral therapy (CBT) which can aid in the pursuit of personal growth as well as an adjunct to treatment for anxiety, depression, and other disorders. She draws on her clinical experience, scientific research, and training in the martial arts to create these tools and other materials which include articles, audios, and Android apps.



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