



# Difficult Personalities: It's Not You; It's Them

*William O'Donohue*

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*William O'Donohue*

## **Difficult Personalities: It's Not You; It's Them** William O'Donohue

Some people are very, very tough to deal with and can make you miserable. This is a sad fact of life. This book will help you identify, understand and develop strategies to deal with toxic personalities that you encounter. Written by a prominent clinical psychologist and university professor it explains DSM diagnostic categories such as Anti-social Personality Disorder, Borderline Personality Disorder, Narcissistic Personality Disorder and others so that you can make a better determination of whether you are dealing with one of these kinds of individuals, what science and clinical experience says about these, and most importantly how to deal more effectively with these. This information can help you move from being poisoned by these individuals to regaining control of your life.

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