



5 Types of People Who Can Ruin Your Life: Identifying and Dealing with Narcissists, Sociopaths, and Other High-Conflict Personalities

Bill Eddy

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Some difficult people aren't just hard to deal with--they're dangerous.

Do you know someone whose moods swing wildly? Do they act unreasonably suspicious or antagonistic? Do they blame others for their own problems?

When a high-conflict person has one of five common personality disorders--borderline, narcissistic, paranoid, antisocial, or histrionic--they can lash out in risky extremes of emotion and aggression. And once an HCP decides to target you, they're hard to shake.

But there *are* ways to protect yourself. Using empathy-driven conflict management techniques, Bill Eddy, a lawyer and therapist with extensive mediation experience, will teach you to:

- Spot warning signs of the five high-conflict personalities in others and in yourself.
- Manage relationships with HCPs at work and in your private life.
- Safely avoid or end dangerous and stressful interactions with HCPs.

Filled with expert advice and real-life anecdotes, *5 Types of People Who Can Ruin Your Life* is an essential guide to helping you escape negative relationships, build healthy connections, and safeguard your reputation and personal life in the process. And if you have a high-conflict personality, this book will help you help yourself.

5 Types of People Who Can Ruin Your Life: Identifying and Dealing with Narcissists, Sociopaths, and Other High-Conflict Personalities Details

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From Reader Review 5 Types of People Who Can Ruin Your Life: Identifying and Dealing with Narcissists, Sociopaths, and Other High-Conflict Personalities for online ebook

Helen says

I read this book in connection with the book about Trump's dangerous psychology "The Dangerous Case of Donald Trump: 27 Psychiatrists and Mental Health Experts Assess a President" that I previously read - since, overall, Trump is assessed by psychologists as a pathological narcissist and sociopath. The present volume is about dealing with narcissists, like Trump, that we may directly come across in our own lives and how to avoid the destruction they may unleash into our lives. As a self-help book, it's not bad - it's simply written and readily accessible to any adult reader.

Here are the quotes, many of which may remind the reader of Donald Trump's behavior:

"It is not unusual for [an HCP] ... to totally contradict themselves from one day to the next, or in the middle of telling a story that is totally made up."

"...the histrionic HCP is comfortable stretching the truth because they operate largely on impressions, rather than facts."

"If you are a Target of Blame in a legal case, you need to be prepared for the possibility that the HCP's lawyer is a negative advocate -- whether emotionally hooked or an HCP as well."

"So if these ...types of people are so destructive, why do they still exist? My belief is that the "wiring" of the high-conflict brain that causes their extreme behaviors has historically been an asset to society in wartime but can be unnecessarily disruptive in peaceful civilizations. Their prevalence seems to increase or decrease in history based on how well-organized or disorganized a society is at that given time. In times of social upheaval, we seem to see more HCPs. For example, we are currently seeing an uptick in high-conflict personalities, partly because we are living in a time of rapid technological and social change, which is exacerbated by a huge media culture that focuses on images of negative, high-conflict behavior. The media focuses on these negative images and behaviors to grab your attention, but they're also teaching new generations that this is the new normal for relationship behavior. "

"Starting in the 1970s, individual rock stars, movie stars, sports stars, and billionaires became the most culturally admired people. Individual rights and freedoms have become the focus of people's political energies -- on both the left and right."

"I believe ... that our culture is teaching the behaviors of personality disorders through the intensive media exposure of the past twenty years. Since the 1990s, cable TV and the Internet (and the loss of print media) have escalated the emotional aspect of 24/7 news and increasingly extreme dramas, which emphasize bad behavior rather than good in order to get your attention. While this is entertaining for adults, it's social training for children."

"High-conflict personalities get our attention and may lead people to disrupt the existing order when it feels like there's too much instability or social rigidity. We may be experiencing our own socially conflicted period at the moment, because parts of our society have become too rigid (income inequality, lack of upward

mobility, government regulations, etc.) and other parts may be too unstable (the Internet, gun violence, wars in the Middle East, etc.)."

The message from the author that he emphasizes repeatedly including giving examples, or scenarios, is to not respond in kind, not insult or exacerbate a conflict with an HCP since you might become a Target a Blame, but to be friendly yet firm in ending a conversation, and setting limits. He also emphasizes compassion no matter how disruptive the HCP may be.

With respect to how the country can deal with Trump, who is clearly an HCP, and survive possibly two terms of a Trump administration, in my opinion, the nation faces a huge challenge in having a pathological liar and narcissist like Trump as POTUS - and although we would like to apply Mr. Eddy's recommendations with respect to HCPs to Mr. Trump, avoiding Trump news, his never-ending outrages and so forth, is unfortunately impossible to do, as Trump is always in the news given his narcissistic propensity to make news one way or another on a daily basis. We cannot set limits with Trump and tactfully avoid a "conversation."

I do not see a positive side to the Trump presidency. I hope the country can survive the onslaught of selfishness, sadism, racism and hate Trump has unleashed and seems to revel in but I fear the worst.

Tammy says

Wow, this book hits the nail on the head! It is a quick read but full of really great information on dealing with difficult people. The day I read it I immediately recommended it to three different people who I knew were dealing with narcissists. The only thing I would change about this book is that I wanted more. Tell me how to deal with these people when I can't avoid them and I have already made them mad by saying the wrong things to them. I am waiting for book 2!

Cass Weber says

All, if not, most of us have come across or know somebody who doesn't seem quite right. It could be due to their behavior or our own intuitions telling us.

So how do we identify high-conflict personalities? How do we deal with them? How do we avoid them or from becoming their targets of blame? This book aims to better inform and equip us when coming across or dealing with high-conflict personalities.

Very informative. My full review is in my blog: <https://cassscribbles.wordpress.com/>

Michelle says

NOTE: I won this through Goodreads First Reads.

Review:

If you haven't had to deal with a high-conflict personality, you are very fortunate. If you have, and you read

this book, you will receive validation that it's not you.

What this book does is break down narcissists, sociopath and other HCPs into five categories, such as the "I'm superior, You're Nothing Type" or the "Dramatic, Accusatory Type." I have found that some of these types are in the same person.

Toward the end of the book, there are chapters on getting help from others, dealing with negative advocates, and why there may be so many HCPs right now.

It's an interesting read, and a helpful read. The CARS Method is good. I like that the author says to get familiar with this concept before you need it, too.

There's a good appendix.

The author seems to have good credentials.

The author talks about self-awareness and how you can use that when dealing with HCPs.

Overall, it's an easy read and very helpful. If you work with ambitious people, I'd give it a read. I've found that ambitious people sometimes fall into the "I will do almost anything to get ahead, even if it's illegal, immoral and unethical."

Our parents warned us about not talking to strangers. They didn't warn us that people we know could be more dangerous than strangers.

Olwen says

Eye-opening. I learnt a lot reading this book; particularly about how to identify high-conflict personalities. But also the author includes some practical and realistic ways to manage interactions with people who have this disorder.

Jennifer says

I am just now getting to the point in my life after the last two years that I can now return to normalcy and begin to enjoy doing the things that I did before the HCP started to ruin my life. I used to take time out each day to read or do other small things for myself, but now I find myself in court battles, school battles, and other battles that cause me to defend my name. It is something that made no sense and was a place that I never imagined I would be in. In May, I discovered this book and was amazed that it described my situation in near perfection. It brought calmness to a chaotic situation. It allowed me to have a better idea of how to handle a HCP and showed me how to deal with him and his allies. Although things are finally turning around with documented evidence, etc. it has been an emotional and mental roller coaster that has been traumatic for myself and children. I would never wish it on my worst enemy. I strongly recommend this book to anyone that is struggling with a HCP that stems from divorce, work, or family members. I wish I knew about it

several months ago. It has made a great difference in my life and I am speaking to my lawyer and my children's special education therapists about what the definition of a HCP means.

Courtney Andresen says

Wow... The man who wrote this book certainly seems to be achieving his personal goal of exacerbating the stigma against mental illness. Way to go, buddy! I am so saddened and dismayed by his rhetoric that I can't even think of much more to say right now!

However, I will add this comment for those who choose to read his books/blogs/etc.... Please don't take everything this man says to heart. I can't speak personally for many of his "High-Conflict Personality" types, but I can comment on Borderline Personality Disorder (BPD). Before you decide to avoid and/or judge someone based on this diagnosis, please educate yourself. As opposed to some of the other personality types mentioned, most people with BPD develop this illness as a response to events from their life. In other words, they've LEARNED to behave this way based on how others have treated them. Consequently, this behavior can be UNLEARNED, primarily through DBT (Dialectical Behavior Therapy). Also, as with any diagnosis, judging a group of people based on the most ill-behaved members is misleading and just plain unfair. (And, no, I don't want to hear anyone's stories about how they knew so-and-so with BPD and they did this-or-that or treated them however... I get it; there are people with BPD who can come across as outright crazy (for lack of a better word) or hurtful, but don't write them off for eternity. Everyone deserves a chance to change.)

Charlene says

I liked this title quite a bit. It gave me much to think about and I noticed that I started using some of the practices already. As someone who tries to be self-aware I drew my attention to certain situations to just check myself for some of the behaviours. As someone who has survived a great deal of trauma I found I do have some issues that are usually trust related. There are certain changes I'll be making. I found this title to be helpful mostly in recognizing unhealthy patterns from certain periods in my life and the people who used those behaviours. I seriously wish I had this book back then.

Amy says

Eddy's subtitle sums up the book he's delivering. This quick read will help the reader in his/her daily interactions to identify individuals exhibiting characteristics of a personality disorder, to distinguish between various disorders, and to more aptly deal with these sometimes challenging people. Examples and anecdotes presented also serve to foster personality awareness that would likely be helpful to all readers. Eddy has clearly devoted a lot of time to working with challenging personalities and is sharing some of his important findings here.

Non-fiction psychology books are not something I would generally think of as enjoyable reads, but this text proved to be interesting and thought-provoking from the start. Although the text is repetitive at times, it seems Eddy is just trying to drive important points home since this will be most people's first time addressing the subject matter. The book is appropriate for all audiences and all concepts are explained clearly. *5 Types of People Who Can Ruin Your Life* would be a good read for anyone who is concerned they may be dealing

with someone who has a personality disorder, those hoping to learn more about personality disorders, or those looking to gain general insights regarding interpersonal relationships.

I received an uncorrected proof of this book as a Goodreads giveaway in exchange for an honest review. Thanks to the author/publisher for participating in the giveaway.

Laura says

There's some internal repetition as well as repetition with this book and his others which was a little disappointing. At the same time, understanding Eddy's practical methods for dealing with high conflict people (HCPs) and effectively putting those into practice are two very different things. It takes a while to internalize his proven methods and this book does an excellent job of keeping it all simple and straightforward.

Edy says

A MUST READ book for people like me. High conflict personality types are drawn to me and me to them. This author breaks down the different types of toxic personality traits and provides insight as to why there seem to be more narcissistic people than ever before. The author also gives advice to people on how to improve their relationships with these high conflict, drama loving, intense personality types.

Carol says

Interesting read if this is a topic you are curious about. If not, it might get a bit repetitive, and then put you to sleep. However it offered clear advice on how to deal with these high conflict patrons... personalities, high conflict personalities.

Vivian says

Informative, replete with examples, yet not an inoculation.

Leslie Jonsson says

An excellent and highly researched book on personality disorders, with very clear cut examples. Great read.

Cindy Tebo says

My first thought when I saw the title of this book is, "only five?" Perhaps I am leaning toward the paranoid

HCP personality type. HCP stands for high-conflict personality. We all exhibit some of the behaviors outlined in the book at one time or another depending on the circumstances. The difference is how often we repeat this behavior and to what extreme.

Not all personality types benefit from counseling which was somewhat of a surprise to me. In fact, some will go to counseling looking for tips on how to manipulate people to get what they want.

A warning sign of HCPs is that many seem incapable of introspection. Whatever happens to them, they are quick to blame someone else. Eddy refers to this as the "target of blame."

One of the most interesting sections of the book is about serial killer, Ted Bundy, who used a ruse to lure his victims. Without going into great detail, suffice it to say Bundy preyed on the very thing that makes us human--our compassion--our willingness to help a perfect stranger.

To spot an HCP, Eddy gives you a method to evaluate if this is the type person you are dealing with. WEB=words, emotions and behavior. He also presents the wrong way to respond to high-conflict people and contrasts this with a better approach. (Nothing works in every situation.)

In addition, he gives you a strategy called CARS in dealing with borderline HCPs. CARS is an acronym for connecting, analyzing, responding, and setting limits. If you are dealing with difficult people in your life, this book is definitely worth reading.
