



Say Goodbye to Your PDI (Personality Disordered Individuals): Recognize People Who Make You Miserable and Eliminate Them from Your Life - for Good!

Stan Kapuchinski

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It's Not You . . . It's THEM!

Have you ever hung up with your boss and felt like you were nine years old again? Do you get a pang in the pit of your stomach when you see a certain “friend’s” number on your caller ID? Do you find yourself frequently apologizing to a family member even though you know you’ve done nothing wrong? If any of these scenarios sound familiar or you have ever felt bullied, manipulated, guilted, or threatened in a relationship, you could have a PDI!

PDI, or *Personality Disordered Individual*, is a psychiatric term used to identify those people with whom we must interact and who can make us feel miserable in the process. PDIs make “toxic” people look like Santa Clause and often have unique attitude problems and behaviors that we must deal with but do not enrich, improve, enhance, boost, encourage, motivate, or inspire us. Day in and day out, they make us miserable!

Stan Kapuchinski, M.D., has encountered numerous PDIs and their victims in his private psychiatry practice for more than twenty-five years. In *Say Goodbye to Your PDI*, he sheds light on five types of personality disorders and teaches:

- How PDIs ensnare us into repeatedly dealing with them
- How to spot a PDI at work and in our personal lives
- Coping mechanisms to handle PDIs who we cannot eliminate from our lives
- Techniques and advice on how to get rid of a PDI for good

Say Goodbye to Your PDI will help you stop your misery and will help you deal more effectively with the users, the manipulators, the smooth talkers, and the guilt-trippers out there.

Stan Kapuchinski, M.D. , writes the widely read column “Ask Dr. K.” A board-certified psychiatrist, Dr. Kapuchinski has served as assistant professor of psychiatry at the University of Connecticut and special psychiatric consultant in Queensland, Australia. His expertise on human relationships has made him a sought-after commentator for hundreds of television and radio outlets.

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From reader reviews:

Lawrence Gregory:

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite reserve and reading a guide. Beside you can solve your trouble; you can add your knowledge by the book entitled Say Goodbye to Your PDI (Personality Disordered Individuals): Recognize People Who Make You Miserable and Eliminate Them from Your Life - for Good!. Try to face the book Say Goodbye to Your PDI (Personality Disordered Individuals): Recognize People Who Make You Miserable and Eliminate Them from Your Life - for Good! as your friend. It means that it can to become your friend when you experience alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you far more confidence because you can know everything by the book. So , we need to make new experience along with knowledge with this book.

Emily Walker:

The reason why? Because this Say Goodbye to Your PDI (Personality Disordered Individuals): Recognize People Who Make You Miserable and Eliminate Them from Your Life - for Good! is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will surprise you with the secret the item inside. Reading this book alongside it was fantastic author who else write the book in such amazing way makes the content interior easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of positive aspects than the other book include such as help improving your expertise and your critical thinking way. So , still want to hesitate having that book? If I ended up you I will go to the guide store hurriedly.

Shane Webb:

Say Goodbye to Your PDI (Personality Disordered Individuals): Recognize People Who Make You Miserable and Eliminate Them from Your Life - for Good! can be one of your beginning books that are good idea. We recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to place every word into pleasure arrangement in writing Say Goodbye to Your PDI (Personality Disordered Individuals): Recognize People Who Make You Miserable and Eliminate Them from Your Life - for Good! but doesn't forget the main stage, giving the reader the hottest along with based confirm resource facts that maybe you can be certainly one of it. This great information may drawn you into brand new stage of crucial pondering.

David Fern:

As we know that book is very important thing to add our information for everything. By a publication we can

know everything we want. A book is a range of written, printed, illustrated as well as blank sheet. Every year seemed to be exactly added. This reserve Say Goodbye to Your PDI (Personality Disordered Individuals): Recognize People Who Make You Miserable and Eliminate Them from Your Life - for Good! was filled about science. Spend your time to add your knowledge about your science competence. Some people has diverse feel when they reading a book. If you know how big good thing about a book, you can truly feel enjoy to read a book. In the modern era like right now, many ways to get book that you simply wanted.

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