



Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People

By Neil Lavender PhD, Alan A. Cavaola PhD

Download now

Read Online →

Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaola PhD

Everyone knows someone who is impossible to please, critical, judgmental, picky, and stubbornly closed-minded. These are symptoms of a disorder called obsessive-compulsive personality disorder (OCPD), but it's common for people to have subclinical levels of some or all of these qualities. Most of the time, it's best to avoid the difficult to please person, but what happens when he or she is a close family member, coworker, or even a spouse? It's still possible to maintain a positive relationship with the right tools. *Impossible to Please*, written by the authors of *Toxic Coworkers*, is a manual for dealing with these difficult people without sitting through stressful arguments, vicious insults and attacks, and passive-aggressive behavior. It empowers readers to take charge of the relationship and regain their dignity and confidence in interactions with these individuals.

This book features specific strategies that are immediately effective when conversing with critical people and explains how readers can respond to unfair blame without becoming angry or overly defensive. By setting boundaries, improving communication, and asserting themselves, readers learn to deal with the impossible to please in romantic relationships, friendships, family, and work relationships.

↓ [Download Impossible to Please: How to Deal with Perfectioni ...pdf](#)

📖 [Read Online Impossible to Please: How to Deal with Perfectio ...pdf](#)

Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People

By Neil Lavender PhD, Alan A. Cavaiola PhD

Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD

Everyone knows someone who is impossible to please, critical, judgmental, picky, and stubbornly closed-minded. These are symptoms of a disorder called obsessive-compulsive personality disorder (OCPD), but it's common for people to have subclinical levels of some or all of these qualities. Most of the time, it's best to avoid the difficult to please person, but what happens when he or she is a close family member, coworker, or even a spouse? It's still possible to maintain a positive relationship with the right tools. *Impossible to Please*, written by the authors of *Toxic Coworkers*, is a manual for dealing with these difficult people without sitting through stressful arguments, vicious insults and attacks, and passive-aggressive behavior. It empowers readers to take charge of the relationship and regain their dignity and confidence in interactions with these individuals.

This book features specific strategies that are immediately effective when conversing with critical people and explains how readers can respond to unfair blame without becoming angry or overly defensive. By setting boundaries, improving communication, and asserting themselves, readers learn to deal with the impossible to please in romantic relationships, friendships, family, and work relationships.

Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD Bibliography

- Sales Rank: #564223 in Books
- Published on: 2012-11-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x .50" l, .60 pounds
- Binding: Paperback
- 192 pages

 [Download Impossible to Please: How to Deal with Perfectioni ...pdf](#)

 [Read Online Impossible to Please: How to Deal with Perfectio ...pdf](#)

Download and Read Free Online Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD

Editorial Review

Review

"Cavaiola and Lavender have done it again! They have given us another perfect combination of psychological science and real-life applications to provide a highly readable guide to living and working with people who drive us crazy. Alive with examples and suggestions, this book is not only perfect for counselors and therapists, but also for anyone who deals with controlling perfectionists at home or on the job."

—Richard Ponton, PhD, associate professor at Georgian Court University in Lakewood, New Jersey

"*Impossible to Please* is a candid, informative, and thought-provoking study of the controlling perfectionist. Lavender and Cavaiola illuminate our understanding of obsessive-compulsive personality disorder while providing suggested actions for dealing effectively with these individuals at home, at work, and in the community."

—Suzanne D. Mudge, PhD, associate professor and program coordinator of counseling and guidance at Texas A&M University

"After being in managerial and leadership positions for over 40 years, I wish I could say that I never had to deal with a perfectionist personality. Unfortunately, that is not the case. I have had experiences with toxic coworkers and, to say the least, they were indeed troublesome. Drs. Lavender and Cavaiola's first book, *Toxic Coworkers*, was of great help during these trying times. Like their other books, *Impossible to Please* is filled with wisdom and insights into this challenging area. I strongly recommend this most practical and applicable book."

—Louis A. Scheidt, PE, PP, president and CEO of Innovative Engineering, Inc.

About the Author

Neil J. Lavender, PhD, is professor of psychology at Ocean County College in New Jersey where he also maintains a private practice. He is coauthor of *Toxic Coworkers*. Neil, who is also an avid blogger, resides in Beachwood, NJ.

Alan A. Cavaiola, PhD, is a professor and member of the graduate faculty in the department of psychological counseling at Monmouth University. He is also a licensed psychologist and clinical alcohol and drug counselor. He is also the coauthor of *Toxic Coworkers*.

Users Review

From reader reviews:

Timothy Brown:

The book Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People can give more knowledge and information about everything you want. Why must we leave the best thing like a book Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People? Several of you have a different opinion about publication. But one aim that book can give many data for us. It is absolutely suitable. Right now, try to closer together with your book. Knowledge or information that you take for that, it is possible to give for each other; you could share all of these. Book Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People has simple shape nevertheless, you know: it has great and big function for you. You can appearance the enormous world by available and read a e-book. So it is very wonderful.

Patricia Cockrell:

This book untitled Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People to be one of several books that best seller in this year, here is because when you read this e-book you can get a lot of benefit in it. You will easily to buy this specific book in the book retail store or you can order it through online. The publisher of the book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Mobile phone. So there is no reason to you personally to past this reserve from your list.

Michelle Mills:

Reading a reserve can be one of a lot of action that everyone in the world enjoys. Do you like reading book so. There are a lot of reasons why people love it. First reading a guide will give you a lot of new information. When you read a publication you will get new information simply because book is one of many ways to share the information or perhaps their idea. Second, examining a book will make anyone more imaginative. When you studying a book especially fiction book the author will bring you to definitely imagine the story how the character types do it anything. Third, you may share your knowledge to some others. When you read this Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People, it is possible to tells your family, friends in addition to soon about yours e-book. Your knowledge can inspire the mediocre, make them reading a e-book.

Christina Pena:

Spent a free time for you to be fun activity to complete! A lot of people spent their spare time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Can be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to

consider look for book, may be the publication untitled Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People can be great book to read. May be it might be best activity to you.

**Download and Read Online Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD
#P1924F0ZRHT**

Read Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD for online ebook

Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD books to read online.

Online Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD ebook PDF download

Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD Doc

Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD Mobipocket

Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD EPub