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8 Keys To Eliminating Passive-Aggressiveness (8 Keys To Mental Health)



Synopsis

Guidance for dealing with this common and frustrating form of behavior. Many people often say "yes" to something when they'd rather say "no." They offer cooperation through words but follow up with how they really feel in actions that contradict their words. That's passive-aggression. At its heart, passive-aggression is about being untrue to oneself, which makes it impossible to have a clean relationship with others. Passive-aggression as a communication method doesn't make someone "bad." It is simply a strategy learned in childhood as a coping mechanism, a hard-to-break habit. Changing passive-aggressive behavior requires knowledge, tools, and practice, as outlined here. The book offers effective methods for transforming passive-aggression into healthy assertiveness to communicate in constructive ways through eight keys: Recognize Your Hidden Anger; Reconnect Your Emotions to Your Thoughts; Listen to Your Body; Set Healthy Boundaries; Communicate Assertively; Interact Using Mindfulness; Disable the Enabler; and Problem-Solve for Better Outcomes. Hands-on exercises are featured, enabling readers to better understand themselves.

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Customer Reviews

As a Life and Business Coach, I do not practice psychology however I like to read psychology

books from time to time to give me a better insight into some of the issues that might be hindering my clients' progress. A friend recommended the 8 Keys to Eliminating Passive-Aggressiveness by Dr. Brandt. I found this relatively short book to be brilliant. It is a laser-like approach to identifying the anger and passive-aggressive behaviors that get in the way of many people having the happy productive lives they want or in creating healthy relationships at home or in a work environment. This insights and knowledge this book provides are profound and yet at the same time it can be read and understood at many levels. Dr. Brandt uses clear, realistic and practical examples to illustrate every point. Therefore, whether you are a therapist or an individual exhibiting passive-aggressive behavior or you are the partner of someone damaging your relationship because of this behavior - this book is a must read. Five stars are not enough - I officially give 8 Keys to Eliminating Passive-Aggressiveness six star and two thumbs up. Jeffrey Silber, CPA, MBA , ACC

I don't often think of myself as passive-aggressive, however, after reading this book I realized there are many instances where I try not to show my anger, either because I think it is inappropriate or because I think my feelings will not make a difference. The end result is that I make snarky comments that leave acquaintances wondering if I am joking and those who know me well wondering what is wrong. This book helped me learn some better ways to deal with that. Andrea writes in a way that is conversational and fun to read. She is a talented lady.

My wife gave me this book to read. Grudgingly, I started to read it - and I couldn't believe how much it was all about ME! After I read it, I thanked my wife and we now have a better and more open dialog with each other. It really helped my marriage!

THIS BOOK REDUCES LOTS STRESS AND CONFLICT! For the first time, I have a clear idea of what behavior is really passive aggressive and what to do about it! The author tells us this is the most difficult behavior to cope with as a human being and why! She is clear about what to do whether it is outright hostility that stabs you in the heart or behavior that undermines your confidence in a quiet way. I have been able to deal with and improve my relationships at home and in the workplace in an effective and sometimes humorous way. There are wonderful examples in the book of conflicts in marriage, traveling, in the workplace that will have you laughing and crying. Andrea's explanation of why it happens and what situations set off the passive aggressive behavior are clear and concise. In less than 185 pages I have solutions to challenges I have been dealing with for years! It is a must read!

I've been reading and practicing mindfulness and anger management as well as non violent communication. I was convinced my husbands father was a narcissist, but it turns out, he's got very low self worth and is simply passive aggressive. When he moved in with us, my husband basically dug a hole and crawled in. I tried hard to discuss with him these behaviors, but he claimed I was "too sensitive" and that this wasn't affecting him and his sons relationship. Now that he's gone and my husband is slowly coming out of his shell, I am so grateful for this book. It highlights all of our conditioned behaviors without "blaming" but giving us clarity about where they were produced and now, how we **MUST TAKE RESPONSIBILITY!** It also touches on appropriate ways to communicate as well as all the ways our emotions effect our bodies physically so that people can become aware of what they're feeling in the first place. This book is a combo of several courses I've taken for thousands of dollars, 20 years of therapy and at least 1/2 of the self help books I've read in the past. Well worth the read and the inner work!

I highly recommend this book. It was thoroughly enjoyable to read, and is well organized and clear in its approach. I found the personal stories and examples realistic and illuminating. This book is applicable to virtually everyone--whether you personally suffer from passive-aggressiveness or whether you interact with people who do (which is highly likely). Dr. Brandt has done an excellent job of shedding light on this very relevant topic.

I am a huge fan of 8 Keys to Eliminating Passive-Aggressiveness! Thanks for writing it. I teach inmates conflict resolution and communication skills and came upon your book after completing a recent 10-session course bristling with passive-aggressive behaviors. I have since set new standards for class behavior, addressed passive-aggressiveness head on, and have been pleasantly surprised to observe class participants call out their own behaviors in humorous ways! In addition, I have been able to observe and identify my own p-g behaviors allowing me to seek out new, more productive responses to conflict. Thanks again for writing this immensely helpful book.

Thought I was a normal easy going person with a few flaws until reading this book! I have realized what an A hole I am and have been to my own family. I have found the book an easy read (I'm not a reader) and will continue to use as a guide/Bible.

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