

《可爱女孩成年了Mean Girls》

图书基本信息

书名：《可爱女孩成年了Mean Girls Grown Up》

13位ISBN编号：9780470168752

10位ISBN编号：0470168757

出版时间：2007-10

出版社：John Wiley & Sons Inc

作者：Cheryl Dellasega PhD

页数：246

版权说明：本站所提供下载的PDF图书仅提供预览和简介以及在线试读，请支持正版图书。

更多资源请访问：www.tushu000.com

《可爱女孩成年了 Mean Girls 》

内容概要

在线阅读本书

Almost every woman has experienced bullying. Whether her role was that of victim, aggressor, or bystander, the pain of relational aggression (female bullying) lasts long after the incident has passed. In *Mean Girls Grown Up*, Cheryl Dellasega explores why women are often their own worst enemies, offering practical advice for a variety of situations. Drawing upon extensive research and interviews, she shares real-life stories from women as well as the knowledge of experts who have helped women overcome the negative effects of aggression. Readers will hear how adult women can be just as vicious as their younger counterparts, learn strategies for dealing with adult bullies, how to avoid being involved in relational aggression, and more. Dellasega outlines how women can change their behavior successfully by shifting away from aggression and embracing a spirit of cooperation in interactions with others.

《可爱女孩成年了Mean Girls》

书籍目录

Acknowledgments Introduction Part One: Relational Aggression 201: The Who, What, and Why of RA 1 All Grown Up and Ready to Sting: Adult Female Aggression 2 Why Women Aren't More Like Men 3 Big Bullies and Other Aggressive Types: The Queen Bee 4 From Mild to Bad and In Between: The Middle Bee 5 Blindsided, Backstabbed, and Bruised: The Afraid-to-Bee 6 Weapons of Choice Part Two: Our Own Worst Enemies: Aggression at Work, at Home, and at Play 7 Women at Work 8 Sharing Space: Ages and Stages of Aggression 9 Forced to Be Family: The Good, the Bad, and the Very Ugly of Female In-Laws 10 Mrs Popularity and the Mom Clique 11 Relational Aggression Where You Least Expect It Part Three: Recognize, Revise, and Internalize: Changing the RA Way of Life 12 Who Are You in the Bee Dynamic?: A Relational Aggression Assessment 13 Healing Residual Relation Aggression: Overcoming the Past 14 The Power of Forgiveness 15 The Won't Bee 16 A New Relational You 17 Don't Stop with Yourself APPENDIX A: Communication That Counts: Connecting through Words APPENDIX B: Talking to Yourself in Ways That Help APPENDIX C: Netiquette Tips APPENDIX D: Mentoring Resources References Index

《可爱女孩成年了Mean Girls》

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:www.tushu000.com