



# Vampiros emocionales en el trabajo: ¡Que no te chupe la energía! (Spanish Edition)

*Albert J. Bernstein*

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**Que no "te chupen" la energía en tu trabajo, deja que los envidiosos y los negativos sigan su camino al más allá, tu lugar de trabajo es un espacio para construir y crecer #feliz- profesionalmente**

**Ya sea un compañero de oficina, un director de área o el jefe, hay por lo menos un vampiro emocional en todas las áreas de trabajo.** Son personas que agotan nuestra paciencia con comentarios absurdos e imprudencias; absorben nuestra energía y limitan la creatividad para afectar la dinámica laboral.

El autor de los éxitos editoriales *Vampiros Emocionales* y *Dinosaur Brain* muestra en este libro cómo detectar -y enfrentar- a estos seres nocivos en el lugar de trabajo, y define los diferentes tipos de vampiros emocionales que existen:

- los antisociales
- los histriónicos
- los narcisistas
- los obsesivo-compulsivos

Además, **Albert J. Bernstein ofrece un test para identificar a esos seres oficinescos de ultratumba,** herramientas para desarrollar tus tareas cotidianas sin que te afecten y los mejores casos en los que estos vampiros corrompen tu área de trabajo, malogran con su mala vibra la oficina y luchan desesperados por bloquear tus ascensos o el reconocimiento de tus jefes.

**Un libro divertido que nos hace reflexionar sobre la importancia de trabajar bien, en equipo y atento a estos seres siniestros.**

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