



# 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. Cavaola PhD

## **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.

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

#### **Jarred Chisolm:**

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to understand everything in the world. Each e-book has different aim or goal; it means that book has different type. Some people sense enjoy to spend their the perfect time to read a book. They are really reading whatever they take because their hobby is usually reading a book. Think about the person who don't like examining a book? Sometime, person feel need book once they found difficult problem or perhaps exercise. Well, probably you will require this Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People.

#### **John Herrera:**

This Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People usually are reliable for you who want to be described as a successful person, why. The key reason why of this Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People can be one of several great books you must have is giving you more than just simple examining food but feed you with information that possibly will shock your earlier knowledge. This book will be handy, you can bring it everywhere and whenever your conditions at e-book and printed people. Beside that this Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People forcing you to have an enormous of experience including rich vocabulary, giving you demo of critical thinking that we know it useful in your day activity. So , let's have it and enjoy reading.

#### **Chad Smith:**

Are you kind of busy person, only have 10 or maybe 15 minute in your moment to upgrading your mind proficiency or thinking skill even analytical thinking? Then you have problem with the book than can satisfy your short time to read it because this all time you only find publication that need more time to be study. Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People can be your answer mainly because it can be read by a person who have those short time problems.

#### **Margaret Ochoa:**

Is it you who having spare time and then spend it whole day by simply watching television programs or just lying down on the bed? Do you need something totally new? This Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People can be the reply, oh how comes? The new book you know. You are therefore out of date, spending your free time by reading in this new era is common not a geek activity. So what these books have than the others?

**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  
#EOKSDLWI6VM**

# **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**

**EOKSDLWI6VM: Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People By Neil Lavender PhD, Alan A. Cavaiola PhD**