



Don't Call Me a Drama Queen!: A Guide for the Overly Sensitive and Their Significant Others Who Need to Learn How to Lighten Up

By Debra Mandel

Alyson Publications Inc, United States, 2008. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book. Drama queens come from all walks of life, regardless of age, gender, race, or socioeconomic status. As a drama queen, you perceive danger when there is none. You personalize things that aren't personal. You spend hours a day trying to control things you have no control over. You may fear you won't receive your fair share of things, often feeling mistreated or put upon by others. Sounds grim, doesn't it? But despair no longer! Finally there is a solution. With this book, you will learn how to say good-bye to unnecessary response styles that cause you to feel unhappy, angry, resentful, disappointed, and stressed out by daily life. It also will help those who either know or are intimately involved with drama queens to cope with and understand the highly sensitive. Certainly there are countless resources available that can assist those who are in need of stress management and anger reduction in order to lead happier lives. But these tools are either Band-Aids or fail entirely if you're a drama queen. This book takes a huge leap beyond...



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