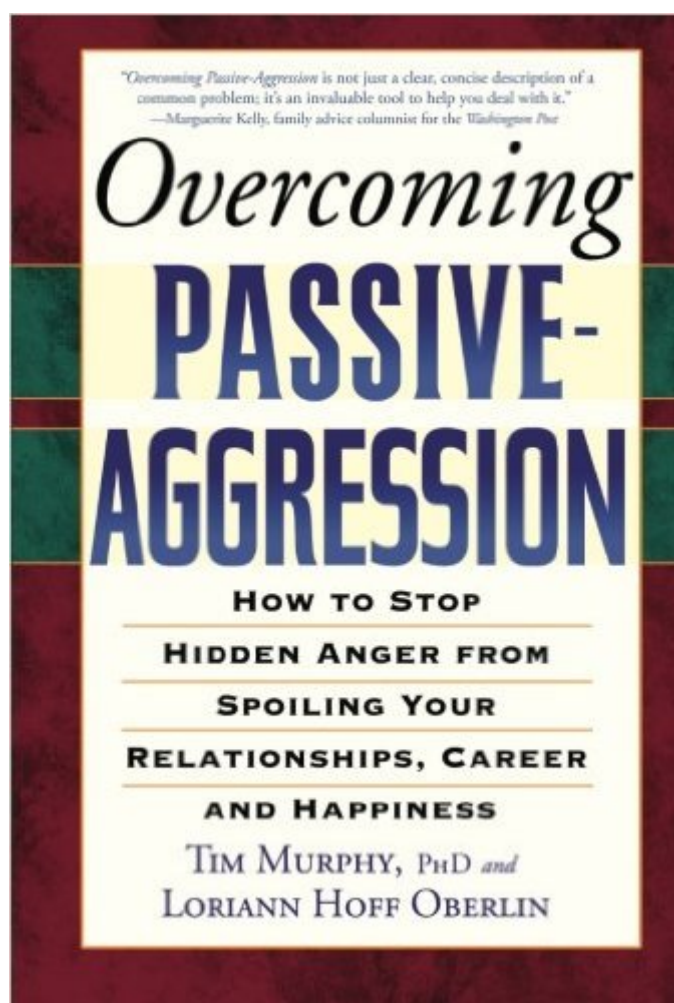


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# Overcoming Passive-Aggression: How To Stop Hidden Anger From Spoiling Your Relationships, Career And Happiness



## Synopsis

In *Overcoming Passive-Aggression*, Dr. Tim Murphy and Loriann Hoff Oberlin provide an in-depth look at a topic we've all faced but haven't always recognized: Hidden anger. When people don't express their views and feel compelled to conceal their true beliefs and emotions, behaving in ways that don't match what they honestly think, there can be serious physical and psychological results for everyone involved. For the first time, Murphy and Oberlin offer a clear definition of passive-aggression and show readers not only how to end the behavior, but also how to avoid falling victim to other people's hidden anger. In clear, compassionate language, they cover everything from the childhood origins of the condition to the devastating effect it has on work and personal relationships to the latest research on the subject, and offer practical, proven strategies for the angry person as well as the individual who finds himself the target of someone else's passive-aggression.

## Book Information

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## Customer Reviews

Great book, and very readable. Anyone who has ever come away from a "sneak attack" encounter knowing they've been done in but not sure what just happened will appreciate the explanation of how to deal with hidden aggression. From school bullies to toxic relatives to smile-while-they-stab you co-workers, the book reveals what the tactics are, how hidden aggression works, and most importantly, how to effectively end the abuse. A must-read!

This has truly changed my life. I have been mistreated by my husband's sister for years, it has been a horrible experience. The little digs, rude comments, setting me up as the one causing problems. Then playing innocent victim. (The example scenario page with man and his new fiance and his sister, could be my true life excerpt). I never understood and then I read this book. Now I get it. What makes her do what she does. It has been so very enlightening and such a relief to understand. It was never even about me. It is about her, and her low self esteem and jealousy. Although I still don't want her in my life, I no longer have such bitter feelings for her. I feel for her being such a miserable human being. The anger these people put onto us, usually has nothing to do with us. A MUST READ if you too have an awful person in your life!!!!!!!!!!!!!!!!!!!!

I'm not sure why "book addict" posted such a negative review because it is clear he/she hasn't read the book. First, Congressman Murphy humbly mentions his political career only in the introduction -- appropriate there for sure -- and then stays with his experience helping individuals and families as a psychologist. As for organization, I found it immensely helpful in beginning descriptions of how a passive-aggressive person becomes this way, and the authors write about the bigger picture of hidden anger. While they mention in the back of the book a list of personality disorders, that part of the material is so in the background, and the focus is wholeheartedly on passive-aggression and other types of angry concealers at work, at home, in relationships, in everyday life. Sometimes it's the self-absorbed, passive-aggressive character; other times the depressed, passive-aggressive person. This is the only book out there that clarifies this phenomenon this way. So what's the real problem with that unless it's personal or hits home? We have ALL seen this behavior at play, and I'd posit that we're seeing it in certain posts when reviewers have not read the book. In this case, I'd stick with the professional trade publication reviews (Publishers Weekly and Library Journal) telling us more about this book than any angry reviewer with an ax to grind. If they said it examines the topic well and grasps the material -- that's the deciding vote for any prospective reader/book buyer, in my opinion!

I've read a few books about how people behave, what they say to each other, and this is by far superior to many. Though other authors get rave publicity on 20/20 and other shows, their books lack substance. I especially liked the childhood component chapter to this as it explains why people might get so angry and hold things in. Then, as the authors show in countless examples, it sneaks out and bites you. What's best, it's not geared to one gender as some books are these days so it helps everyone. I understand passive aggressive people a LOT better after reading this book and

highlighting a few sections. I'm sure I'll refer to it next time I'm thrown by a difficult person.

One the best self-help books I've read. This book takes both the view of people who are passive-aggressive, referred to as hidden anger, and those around them affected by these behaviors. It has really helped me both understand how to be assertive with emotions and address hidden anger in others around me. The book's philosophy is "knowledge is power" rather than taking a prescription approach. Every reader can take this knowledge and apply it in their own lives, work setting, school and with children and other family members.

At last, a book primarily geared to telling the layperson all about passive-aggressive men and women. Tim Murphy and Loriann Oberlin's *Overcoming Passive-Aggression* helps passive-aggressives deal with their hidden anger and offers the targets of passive-aggressives ways to cope with, manage, and help out the passive-aggressives in their lives. There are sections on what creates anger; why anger has to be expressed in an unhealthy, indirect, fashion; what to do to feel less angry, or failing that how to express the anger inside in more effective and less destructive ways; and how to respond in a remedial fashion to others with their own hidden anger problems. Passive-aggressives themselves, and those who live with them on a daily basis will find this book brimming with insights and useful advice-a virtual smorgasbord of ideas that one can seize, make one's own, and put to immediate use. Scattered throughout the revealing and instructive case examples that illustrate the various scenarios of hidden anger in different contexts, discussions of core interactive processes (always sugar-coated to be comprehensible to the layman), and proffered specific remedial tactics are memorable maxims and charming asides that elicit old welcome feelings of familiarity and bring forth new eureka "so that's it" responses of recognition and pleasant surprise. By Martin Kantor, author of *Passive-Aggression: A Guide for the Therapist, the Patient and the Victim*

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