



Passive-Aggression: A Guide for the Therapist, the Patient and the Victim

Martin Kantor

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With absorbing detail and deftness, Kantor gives clinical descriptions of the dynamics in this overlooked syndrome: Passive-Aggressive Personality Disorder. It is a syndrome rooted in poorly suppressed, thinly disguised, and indirectly unleashed anger. This volume presents a scientifically based approach to the patient that will help him or her deal with anger in a healthier, and sometimes life-saving, way.

An eclectic approach?including psychodynamic, cognitive-behavioral, and interpersonal techniques?is used to answer the two most important questions of passive-aggression: Why is the passive-aggressive so angry? And why cannot he or she express the anger more directly? Therapists can also use this approach to help the victims of passive-aggression and minimize the suffering that occurs in relationships with these difficult people.

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