



# Overcoming Passive-Aggression: How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness

*By Tim Murphy, Loriann Hoff Oberlin*

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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.

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### Editorial Review

From Publishers Weekly

Hidden anger that comes out indirectly—through inappropriate, unproductive action or even inaction—can undermine relationships with friends, family and colleagues at work. Murphy, a psychologist and member of Congress, and Oberlin (coauthors of *The Angry Child*) closely examine how this kind of anger, called passive-aggressive, can undermine sufferers and their relationships and make life generally miserable. The authors also examine the problems faced by the victims of passive-aggressive behavior, who often don't understand why the angry person is acting as he does: "The nastiest thing about hidden anger is that it sneaks up on you... much like a boa constrictor that gradually tightens its grip until it's too late for you to get away." A frank and interesting chapter on the roots of anger in childhood is followed by constructive advice for those who experience hidden anger on how to handle that anger at work, at school and in a myriad of relationships. While acknowledging the complexity of the problem, the work provides ample opportunity (and exercises) for personal growth regardless of whether you are on the giving or receiving end of passive aggression. (Dec.)

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### Review

"...scientifically well-grounded, beautifully written, and eminently practical in its discussion of...the expression of anger, direct and hidden." -- *Theodore Millon, PhD, DSc, Professor of Psychiatry, Harvard University, author of Personality Disorders in Modern Life*

"*Overcoming Passive-Aggression* helps passive-aggressives deal with their hidden anger and offers their targets ways to cope and manage." -- *Martin Kantor, MD, author of Passive-Aggression: A Guide for the Therapist, the Patient, and the Victim*

"If you struggle with your anger, this book will be invaluable in guiding you to healthier outlets for your feelings." -- *Larry B. Silver, M.D., clinical professor of psychiatry at Georgetown University Medical Center*

"This well-written and accessible book will help you recognize this problem in yourself and those whose hidden anger affects you." -- *Redford Williams, MD and Virginia Williams, PhD, authors of Anger Kills*

"Well-written and easy to read, *Overcoming Passive-Aggression* offers practical advice on ways to overcome the problem." -- *Michael Thase, MD, University of Pittsburgh Medical Center and author of Beating the Blues*

### About the Author

Tim Murphy, Ph.D. has spent four decades as a psychologist and advocate for better healthcare. In January 2015, he began serving his seventh term in the U.S. House of Representatives. Before that, he served as a Pennsylvania State Senator. He is co-chair of the Mental Health Caucus and the author of landmark reform legislation, called the Helping Families in Mental Health Crisis Act, HR 2646 of 2015. It was created to help solve shortages in mental healthcare, improve research, allow families to have a helpful role in care, and provide treatment before tragedy.

Congressman Murphy has received praise for this from many professional organizations as well as media

outlets from coast to coast, including CNN, The Washington Post, The Wall Street Journal, The Seattle Times, San Francisco Chronicle and Pittsburgh Post Gazette. Dr. Murphy serves as a commander in the Navy Reserve Medical Service Corps at Walter Reed National Military Center in Bethesda, Maryland. He has an active license as a psychologist and in years past had a private practice in Pittsburgh, Pennsylvania where he also worked with families at Children's Hospital of Pittsburgh.

## **Users Review**

### **From reader reviews:**

#### **Robert Black:**

This Overcoming Passive-Aggression: How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness book is not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This kind of Overcoming Passive-Aggression: How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness without we comprehend teach the one who examining it become critical in considering and analyzing. Don't always be worry Overcoming Passive-Aggression: How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness can bring whenever you are and not make your bag space or bookshelves' turn into full because you can have it in your lovely laptop even cell phone. This Overcoming Passive-Aggression: How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness having excellent arrangement in word as well as layout, so you will not really feel uninterested in reading.

#### **Gregory Throop:**

Information is provisions for those to get better life, information today can get by anyone on everywhere. The information can be a know-how or any news even a huge concern. What people must be consider when those information which is within the former life are difficult to be find than now's taking seriously which one works to believe or which one often the resource are convinced. If you receive the unstable resource then you have it as your main information you will see huge disadvantage for you. All those possibilities will not happen within you if you take Overcoming Passive-Aggression: How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness as the daily resource information.

#### **Dawn Bliss:**

This Overcoming Passive-Aggression: How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness is great book for you because the content which is full of information for you who always deal with world and still have to make decision every minute. This specific book reveal it information accurately using great coordinate word or we can point out no rambling sentences within it. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but challenging core information with beautiful delivering sentences. Having Overcoming Passive-Aggression: How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness in your hand like having the world in your arm, data in it is not ridiculous a single. We can say that no book that offer you world with ten or fifteen tiny right but this book already do that. So , this can be good reading book. Heya Mr. and Mrs. hectic do you still doubt which?

**Belinda Bridges:**

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