

Lästips, videotips, poddförslag och länkar om besvärliga människor

Videoförslag, TED

- Samarbete och rättvisa i djurens värld
https://www.ted.com/talks/frans_de_waal_moral_behavior_in_animals
- Vad motiverar medarbetare på jobbet?
https://www.ted.com/talks/dan_pink_the_puzzle_of_motivation
- Celeste Headlee: "10 ways to have a better conversation"
https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation
- Livserfarenheter
https://www.ted.com/talks/anne_lamott_12_truths_i_learned_from_life_and_writing
- Brené Brown om vikten av att våga vara sårbar
https://www.ted.com/talks/brene_brown_the_power_of_vulnerability
- Om risken med att fejka psykopati
https://www.ted.com/talks/jon_ronson_strange_answers_to_the_psychopath_test
- How to recover from depression https://www.youtube.com/watch?v=arJLy3hX1E8&ab_channel=TED-Ed
- Inside the mind of a master procrastinator
https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator

Videoförslag, Youtube

- MedCircle, bra internetsida om personlighetsstörning <https://medcircle.com/series/topic/personality-disorders/>
- The Psychopath & The Sociopath: A Masterclass (2,5 bra timmar om psykopati)
https://www.youtube.com/watch?v=gpiYtAB9i2w&ab_channel=MedCircle
- Personality Disorders & Relationships: The Tools You Need (om personlighetssyndrom och relationer)
https://www.youtube.com/watch?v=Jr9oIxOwOFQ&t=2893s&ab_channel=MedCircle
- Healthy vs. narcissistic relationships (MedCircle)
https://www.youtube.com/watch?v=o8U321uCcvc&t=30s&ab_channel=DoctorRamani
- Les Carter om psykiatri, narcissism och psykologi <https://www.youtube.com/c/DrLesCarter/featured>
- When A Narcissist Realizes You Refuse To Be Controlled (Les Carter)
https://www.youtube.com/watch?v=28eUzjSFL90&ab_channel=SurvivingNarcissism
- https://www.youtube.com/watch?v=TVGQ_tgWMyU&ab_channel=Psychopaedia.org
- An Ordinary Life Is No Longer Good Enough | Alain de Botton On London Real
https://www.youtube.com/watch?v=wLt24P8-cCs&list=LL&index=24&t=3s&ab_channel=LondonReal
- Jordan Peterson: Antisocial psychopathic males
https://www.youtube.com/watch?v=udGiTW3TBiQ&list=LL&index=63&t=33s&ab_channel=EssentialT_ruth
- Malcolm Gladwell: Why Do We Fall For Lies?
https://www.youtube.com/watch?v=utjMB3Umjwo&ab_channel=HowToAcademy
- Jordan Peterson - Hur man VERKLIGEN lyssnar på någon
https://www.youtube.com/watch?v=J24TGZDk960&list=PLKDpGcqyj_5-mePobcfgeNkKuWP0xuVrO&index=59&t=36s&ab_channel=Bite-sizedPhilosophy
- Alexander Tilly: Så hanterar du en hotfull situation
https://www.youtube.com/watch?v=Kpcb6tu85TI&list=PLKDpGcqyj_59Rsi4XkzR_7xxerPHqE1Y4&index=4&t=168s&ab_channel=GillaJobbet
- Rättshaverister och andra kränkta – upprättelse eller försoning?
https://www.youtube.com/watch?v=Li3w5HyYtRs&list=PLKDpGcqyj_59dfpWIOtjmrOVcgM-Agk8&index=3&ab_channel=S%3AAtaKatharinastiftelsen

- Bob Sutton: How to outwit workplace jerks
https://www.youtube.com/watch?v=wFTkQmPw2Gk&t=329s&ab_channel=StanfordeCorner
- Choices that can change your Life | Caroline Myss https://www.youtube.com/watch?v=-KysuBl2m_w&ab_channel=TEDxTalks
- Why Zebras Don't Get Ulcers: Stress and Health" by Dr. Robert Sapolsky
https://www.youtube.com/watch?v=D9H9qTdserM&t=945s&ab_channel=BeckmanInstitute
- CMHA Central Alberta #5 Borderline Personality Disorder
https://www.youtube.com/watch?v=XZx_UGftZE&t=3751s&ab_channel=CMHACentralAlberta
- How not to screw up your kids by bad parenting | Dr Gabor Maté
https://www.youtube.com/watch?v=Rjk3mXLa1dw&t=286s&ab_channel=MotivationThrive
- Russel Barkley: Essential Ideas for Parents https://www.youtube.com/watch?v=SCAGc-rkIfo&list=LL&index=57&ab_channel=JasonSalotti

Poddförslag

- Dear HBR: Harvard Business Review (jättebra podd om allehanda problem på jobbet)
<https://hbr.org/2018/01/podcast-dear-hbr>
- [Ålskade psykopat](#)

Internetförslag

- <https://lorami.se/kursmaterial/blindow-institute-ny.html>
- <https://lorami.se/besv%C3%A4rliga-m%C3%A4nniskor.html>
- Psykopatitest online: <https://www.idrlabs.com/psychopathy/test.php>

Läsförslag

Michael Rangne, mars 2021