## 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>
* 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=gpjYtAB9i2w&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=Psychlopaedia.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=EssentialTruth>
* 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_59dfpWIOtjmbrOVcgM-AgK8&index=3&ab_channel=S%3AtaKatharinastiftelsen>
* 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_UGfItZE&t=3751s&ab_channel=CMHACentralAlberta>
* How not to screw up your kids by bad parenting I 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>

Internetförslag

* https://lorami.se/kursmaterial/blendow-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*