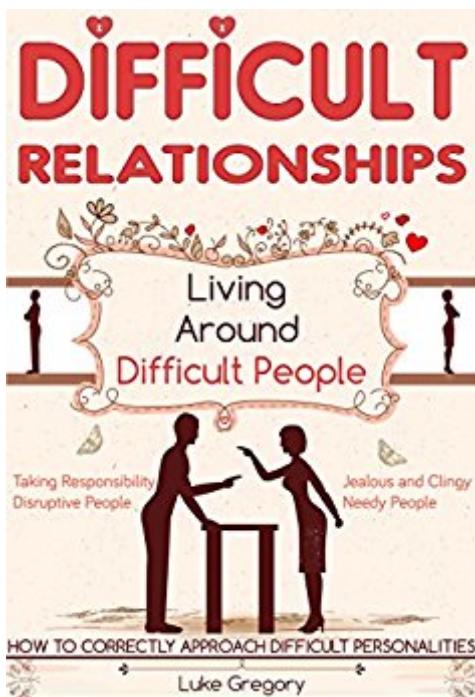


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# Difficult Relationships: A Step-by-Step Guide For The Highly Sensitive Person Living Around People With Toxic Personalities By Tactics And Skills In Conversation ... Guide And Social Skills Improve Book 1)



## Synopsis

Beware of toxic and difficult people that you meet in life. They will try to destroy everything around them: positive emotions, feelings, and love towards loved ones. Do you think you can cope with difficult people? The first thing you have to recognize is that some people are just very different from you and are not intentionally trying to be difficult. Those people, they are „wall" people in our life, as I like to say. If you don't handle difficult situations the right way, they will not only continue, but they will get worse! Change the way you think and manage stressful situations with difficult people: How to deal with self centered people, control freaks, disruptive, clingy, needy people, complainers, jealous, procrastinators, etc. Coping Strategies For Dealing With Difficult People. How to Keep Your Cool. How to Don't React Quickly. How to Be Proactive. How to: Proact Instead of React, Set Consequences, Have Good Personal Boundaries, Confront Behaviour Safely, Get Away. Don't Help People At Your Own Expense. How to: Pick Your Battles, Put Humour Into It, Separate The Person From The Issue, Put The Spotlight On Them. Don't Take It Personally and Have Compassion and Patience. So much, much more information in this book. Who this book is for: People who have problems communicating with difficult people in their lives. Those who have gone through a difficult moment and were blocked at a time. Those who want to learn how to manage a difficult situation. Those who want to learn more about the cause and effect of difficult people. The first thing I want to cover is how often are you meeting up with difficult people. If it is happening to you all the time, then there is something critical that you are going to want to consider, and I hope that I don't offend you, but it is the truth. If it is happening all the time then maybe you are a major part of the problem. Yes, I did say that. If you find that you are in conflict all the time then as you read this book, look at yourself and see if you recognize yourself in any the toxic people that will be described. If you find one that you see yourself in, then you have taken the first step to healing and becoming an easier to get along with a person. They become difficult to get along with as a way of protecting themselves from being hurt more. They also don't like themselves, so they hurt others as a way of making themselves feel better. The only problem is that it doesn't work and in the end, they become more and more hurt and more and harder to get along with. Now if this isn't you then be thankful because you are in a pretty good place emotionally and you are truly just dealing with difficult people on their end. My goal is to help you, not give you something that will just tickle your ears and make you feel good. If you find that you are in conflict all the time then as you read this book look at yourself and see if you recognize yourself in any the people that will be described. If you find one that you see yourself in, then you have taken the first step to healing and becoming an easier to get along with that difficult person. Many times people are difficult to get along with

because of hurts, pains, abuse and other things that happened in childhood. They become difficult to get along with as a way of protecting themselves from being hurt more. They also don't like themselves, so they hurt others as a way of making themselves feel better. I'm sure my book will guide you through your life and your path.

## **Book Information**

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## **Customer Reviews**

The term "Difficult People" actually refers to the kind of behavior that we unpleasant, difficult and with whom we do not know how to face - underestimated by others, constant competition, not allowing me to get to the words ... Regardless of the type of behavior there is something that is common to all these situations, and that it was important to deal with them, because it is very likely that the situation will not by itself fix. Such people and complicated situation with them are an everyday occurrence each of us. This book is great because it gives us information about the characteristics of difficult people and how to recognize them. Also, here we will find useful tips on how to successfully communicate with difficult people, and how to defend against potential

manipulation. For me this is a great book, and I sincerely recommend it to everyone!

The timing couldn't have been better for me to have read this book. It's extremely well written and goes straight to the point in describing the different types of personalities without confusion for the reader. In fact, I read this book in one sitting and immediately used one of the suggestions and deleted a scheduled text for later in the morning because when awoke this morning to a midnight message I REACTED by scheduling a response. Thank you so much, I quickly was able to understand I was just feeding the beast so the cycle would continue. Boundaries are important and thank you again for reminding me how some difficult people, especially toxic individuals can cause so much pain that you yourself react in disgraceful manner that they are in fact seeking which only justifies their actions. In fact I have immediately downloaded the book concerning TOXIC RELATIONSHIPS.

This is a great book on Difficult Relationships. All of the things, tips and guides that I need to know about living around people with toxic personalities by tactics and skills in conversation and communication are already included and well written inside. Luke Gregory has done an incredible awesome job in compiling and creating this book. Also the unique part of this book is the compilations of the "How to: Pick Your Battles, Put Humour Into It, Separate The Person From The Issue, Put The Spotlight On Them". Very informative, useful and well explained. This book is really a great resource for those who want to learn more about Difficult Relationships.

This book goes over different types of difficult people, such as complainers, overly competitive people and jealous people. It first goes over characteristic and gives various strategies to deal with these types of people in different situations (like at home or at work). I personally liked the information the author gave on why people develop certain difficult personalities. I am a procrastinator, one of the types listed, and it gave me great insight into why I am like this. So not only will this help you work with others but it may also help you work on yourself.

I love how this book written. A very detailed, well-written nook. That's also you'll learn a lot about dealing with difficult people. The author gives useful and effective advice and a first step to deal with people who's healing and by that it will be easier to get along with a person or to other person. Great approached, self-help book..a guide for a better life and a better path!

This book is full of good ideas and tips on how to deal with different types of person specially those who are difficult to be with. I think the author's advice and insights are very rational and everybody can relate. Living around with people having bad behavior is such mess. Tips given in this would be a big help in dealing with them. Such a great book.

This book deals with our today's problem that can be exist between any relation. We all should read this book once. It was straightforward and to the point, and it provided the tools necessary for both understanding what you've gone through and overcoming it. Really worth recommending!

Last 2 weeks ago I got this book and I'm really impressed with the amount of tips that this guide book has. More time I am frustrated about my future for that my friend suggests me the book. In this book the information is organized in a logical way that is easy to access, read and understand. It is indeed a good read and I highly recommend this book to everyone.

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