



## Toxic Relationships: Strategies for Dealing with People That Are Difficult and How to Deal with Toxic Personalities and People In Life (Paperback)

By Luke Gregory

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. Around you are very toxic people who will try to keep you down and hurt you. These, wall" people should be avoided right away---Do you think you can cope with toxic people?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. Introduction: Welcome to the Real World.What exactly do you mean by "Toxic"?..Kill 'em with kindness.Ignore toxic people and cheer them up.How to: Proact Instead of React, Set Consequences, Have Good Personal Boundaries, Confront Behaviour Safely, Get Away.Learn how to say no and give them other options.How to: Pick Your Battles, Put Humour Into It, Separate The Person From The Issue, Put The Spotlight On Them.Do not fall for their tricks and when you spot one, run. So much, much more information in this book.Who this book is for: People who have problems communicating with difficult people in their livesThose who have gone through a difficult moment and were blocked at a timeThose who want to learn how to manage a difficult situation with toxic peopleThose...



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