



## Tongue Fu

By Sam Horn

St. Martin's Press. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.2in. x 5.5in. x 0.8in. If you've ever been tongue-tied - or if you've ever given a tongue-lashing (and regretted it), Tongue Fu! offers constructive alternatives that will turn hostility into harmony and help you avoid a mental breakdown in the face of aggression. With straightforward strategies and proven techniques, Tongue Fu! examines almost every kind of verbal conflict - from fights with your spouse or a stalemate with the kids - and shows how to use martial arts for the mind and mouth to deflect attacks, disarm disputes, and defuse any explosive situation. With Tongue Fu! you will learn words to use (and words to lose) in tense situations, the power of the phrase 'You're right', the tools to use when people push your hot buttons, how to handle a verbal bully who enjoys attacking and tormenting, how to gracefully exit an argument, what to say when you don't know what to say, how to use silence to your advantage, how to be pleasantly unpleasant, and how to take charge of your emotions. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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