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How To Hug A Porcupine

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How to Hug a Porcupine: Negotiating the Prickly Points of ...

How to Hug a Porcupine focuses on toxic behaviors and personalities and how to protect oneself against these behaviors and personalities in a healthy way. Dr. Lund also helps readers identify toxic behaviors in themselves. Lund defines a toxic behavior as "any work, deed, or action which detracts from you being your best self or hinders others ...

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Hug a porcupine - hugaporcupine

How to Hug a Porcupine is a small book about relationships with "thorny" people. Using the metaphor of the porcupine, tips are given about how to deal with the defensive person who raises their armor when seemingly attacked.

How to Hug a Porcupine: Easy Ways to ... - Barnes & Noble®

How to Hug a Porcupine: Easy Ways to Love Difficult People in Your Life, explains that making peace with others isn't as tough or terrible as we think it is - especially when you can use an adorable animal analogy and apply it to real-life problems.

How to Hug a Porcupine (Audiobook) by June Eding - editor ...

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How to Hug a Porcupine: Easy Ways to Love Difficult People in Your Life, explains that making peace with others isn't as tough or terrible as we think it is-especially when you can use an adorable animal analogy and apply it to real-life problems.

How to Hug a Porcupine | Hatherleigh Press

Read "How to Hug a Porcupine Easy Ways to Love the Difficult People in Your Life" by Dr. Debbie Joffe Ellis available from Rakuten Kobo. Sign up today and get \$5 off your first purchase. How to Love the Difficult People in Your Life Most of us know someone who, for whatever reason, always seems to c

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