



# **Difficult People: This book Includes Difficult People, Toxic People and Conversation Tactics**

*Luke Gregory*

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Difficult People : Strategies of Dealing with Difficult Personalities and Relationships

You're about to discover how to deal with toxic people in your life. While the rest of this book will be covering specific situations and ways to deal with difficult people, there is one very important thing that must be covered first and that is your responsibility in any situation.

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 very important 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. 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 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 person. Many times people are difficult to get along with because of hurts, pains, abuse and other things that happened in tough childhood. They become difficult to get along with as a way of protecting themselves from being hurt more. They also don't really 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 more difficult 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.

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**Reading this book will change the 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.

**I'm sure my book will guide you through your life**

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