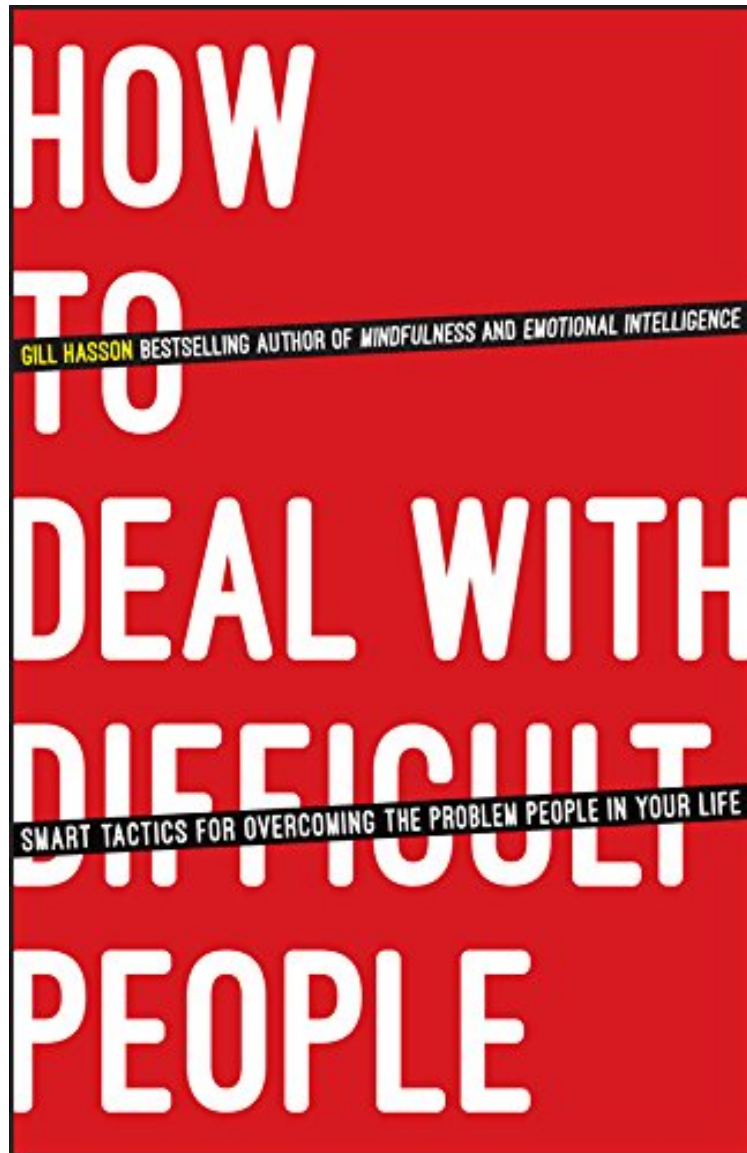


How To Deal With Difficult People: Smart Tactics for Overcoming the Problem People in Your Life

Gill Hasson

*ebooks / Download PDF / *ePub / DOC / audiobook*



[Download](#)

[Read Online](#)

#359201 in eBooks 2014-10-29 2014-10-29 File Name: B00P2FW9XO | File size: 60.Mb

Gill Hasson : How To Deal With Difficult People: Smart Tactics for Overcoming the Problem People in Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised How To Deal With Difficult People: Smart Tactics for Overcoming the Problem People in Your Life:

3 of 3 people found the following review helpful. Thorough book.By LauraGreat book. More thorough than others. It actually has suggestions on how to practice dealing with difficult people. Easy read. Well written. And up to date.0 of

0 people found the following review helpful. Learning how to deal with difficult peopleBy CustomerRead this book if you're having problems with difficult people in your life!0 of 1 people found the following review helpful. Five StarsBy Patricia HeidtKind of wordy but it's ok.

DON'T LET PROBLEM PEOPLE GET TO YOU! Whether it's a manager who keeps moving the goal posts, an uncooperative colleague, negative friend, or critical family member, some people are just plain hard to get along with. Often, your immediate response is to shrink or sulk, become defensive or attack. But there are smarter moves to make when dealing with difficult people. This book explains how to cope with a range of situations with difficult people and to focus on what you can change. This book will help you to: Understand what makes difficult people tick and how best to handle them Learn ways to confidently stand up to others and resist the urge to attack back Develop strategies to calmly navigate emotionally-charged situations Deal with all kinds of difficult people — hostile, manipulative and the impossible Know when to choose your battles, and when to walk away Why let someone else's bad attitude ruin your day? How to Deal With Difficult People arms you with all the tools and tactics you need to handle all kinds of people — to make your life less stressful and a great deal easier.

Everything Hasson writes about is practical and easy to understand, making it ideal for anybody who sometimes finds it hard to talk to people (February 2015, PA Life)From the Back CoverDON'T LET PROBLEM PEOPLE GET TO YOU! Whether it's a manager who keeps moving the goal posts, an uncooperative colleague, negative friend, or critical family member, some people are just plain hard to get along with. Often, your immediate response is to shrink or sulk, become defensive or attack. But there are smarter moves to make when dealing with difficult people. This book explains how to cope with a range of situations with difficult people and to focus on what you can change. This book will help you to: Understand what makes difficult people tick and how best to handle them Learn ways to confidently stand up to others and resist the urge to attack back Develop strategies to calmly navigate emotionally-charged situations Deal with all kinds of difficult people — hostile, manipulative and the impossible Know when to choose your battles, and when to walk away Why let someone else's bad attitude ruin your day? How to Deal With Difficult People arms you with all the tools and tactics you need to handle all kinds of people — to make your life less stressful and a great deal easier.