



**Difficult People: Understanding & Dealing With
Difficult People, Bullying & Emotional Abuse At
Home & In The Workplace (Difficult people,
Difficult boss, ... Emotional abuse, Conflict
resolution)**

Jane Aniston

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Do You Want Feel Empowered & In A Position Of Control When Dealing With The Difficult People In Your Life? - NOW INCLUDES FREE GIFTS! (see below for details)

Are there people in your life that you're finding difficult to deal with?

Perhaps a bullying boss or an overbearing colleague at work?

A "friend" who somehow seems to have a way of bringing you down every time you see them?

A family member who constantly oversteps the mark?

A neighbor who seems intent on making your life miserable?

Whatever the case, this book has will help you first understand these individuals, and then, perhaps more importantly, will guide you in exactly how to deal with them.

Difficult people can make our lives a living hell, but by understanding them and then following a few simple guidelines we can take back control and empower ourselves when communicating with these individuals. Whether the difficult people in your life are arrogant, overly-critical, haughty, bullying, bossy, negative, whiners, complainers, overly-"nice", show offs, bitchy, pessimistic, passive aggressive or simply downright difficult, this book has the answers you're looking for!

In this book we'll look at:

- The different types of difficult people and why they are the way that they are.
- The most effective methods to use when dealing with each of the different types of difficult people.
- Why it's important to understand the "Drama Triangle", and it's role in all relationships.

- How to identify the signs of bullying and emotional abuse
- How to deal with bullying and emotional abuse at home and in the work place
- What to do in the moment when another person “oversteps the mark”.
- The changes we can make in our own lives to help us feel more confident, empowered and in control of our own emotions
- **And as a bonus, I’ve also included a FREE BOOK and other great surprises!**

You will see that dealing with difficult people is actually easier than you think when you follow a simple set of rules. Once you understand these principles you’ll be well on the way to taking back the power these people are currently exerting over you.

Don’t let the difficult people in your life bully and abuse you for a moment longer! TAKE ACTION NOW; empower yourself and regain control today by clicking the buy now button above for instant access to the solutions you’ve been looking for!

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