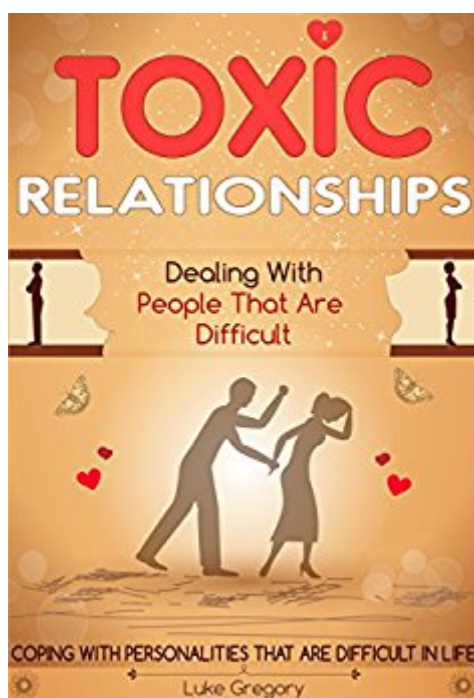


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# Toxic Relationships: A Step-by-Step Guide With Tactics And Conversation Skills Around Difficult People With Toxic Personalities (Empath Survival, Healing Guide And Social Skills Improve Book 2)



## Synopsis

Beware of toxic people in your life !Around you are very toxic people who will try to keep you down and hurt you. These „wall" people should be avoided right away---Do you think you can cope with toxic people? Change 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. Introduction: Welcome to the Real World.What exactly do you mean by Toxic?.Kill them with kindness.Ignore toxic people and cheer them up.How to: Proact Instead of React, Set Consequences, Have Good Personal Boundaries, Confront Behaviour Safely, Get Away.Learn how to say no and give them other options.How to: Pick Your Battles, Put Humour Into It, Separate The Person From The Issue, Put The Spotlight On Them.Do not fall for their tricks and when you spot one, run. So much, much more information in this book.Who this book is for:People who have problems communicating with difficult people in their livesThose who have gone through a difficult moment and were blocked at a timeThose who want to learn how to manage a difficult situation with toxic peopleThose who want to learn more about the cause and effect of toxic people.You are about to discover how to deal with difficult 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 critical thing that must be included first, and that is your responsibility in any situation. Relationships with toxic people can be detrimental to your well-being, and you have to be proactive in ensuring that you know what to do if you ever were to meet one. The purpose of this book is to do more than just identify one of two types of difficult persons you can meet in the workplace. It also reveals the characteristics of these kinds of people along with providing you with valuable tips on what you can do to manage these unforeseen relationships.Life is one of the most precious gifts that we will ever come to own. How you choose to live it is entirely up to you; however, there is nothing wrong with getting a little bit of advice from time to time on what you can do to make the journey a tad bit easier. That is where this book comes in. I am here to help you to manage something that everyone will deal with at some point in their life: difficult people. Before I can go any further, we have a few things that we have to get out of the way first. There are a lot of ways to define a difficult person for the simple fact that there are so many different types of difficult people out there. For simplicity's sake, we will begin by starting with a working definition that works for all of them. A difficult person is someone who has the potential to impact both you and your livelihood negatively. In other words, it's a person that is utterly bad for you. The reason that a difficult person is so dangerous is that often they are not readily recognized as being very toxic. You could go days, months, or even years with associating with these type of toxic people and

never even know how much damage that they are causing in your life. Luckily, this is where this book will be most helpful. To protect yourself from a toxic person, you have to be able to know one when you see one. There are always signs. It's just a point of being able to identify them. Pull up a chair, because I'm quite sure that some of these descriptions will hit home for you. I'm sure my book will guide you through your life and your path.

## Book Information

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## Customer Reviews

The Difficult People in your life generally don't have any idea they are following a pattern that puts them in a category of "difficult types of people". If you learn to see the patterns of their behavior, you can stay a step ahead of them without them even knowing they're being "handled" or "dealt with" at all. Life won't feel like chaos quite so much anymore and people won't be able to ruin your day, tear you down, or disrupt your life the way they used to once you take control of your interactions with them. By controlling interactions, you eliminate the unknown and steer your life...instead of letting your life be steered by other people's "issues". Suddenly all those interactions with difficult people become simple exercises in managing and controlling textbook scenarios and not personal attacks

on you and your life. YOU CAN DO IT!!!

I read "Toxic People" quickly and effortlessly as each page continually kept my interest with all the truths it revealed that seemed so dead-on with my coworkers. I'm sure that I even fit some qualifications for some of the behaviors mentioned, but for the most part I try and be respectful in the workplace and don't have ulterior motives or envious eyes towards fellow employees. I only read it recently, but this book has absolutely changed my perspective . I've been keeping it in mind as I deal with snobs and egos who I come into contact with, and it's totally changed my interactions with them because now I know how to handle them. This is such a helpful book for me. I would definitely recommend this book!

Relationships always cause problems at some point and sometimes they can be hard to fix. This book is a great guide into dissecting what can go wrong in relationships and how to fix these problems. This particular book shares with its readers a series of well argued and tested strategies and advice on how to improve relationships, how to straighten them, or how to make new ones. Thank you for this wonderful book...

A great read with some examples and observations. The author gives a lot of valuable tips on how to protect yourself from toxic people especially if you have close relations with them. I have started to implement the advice in the book and already see some positive changes.

Short read but I learned a lot from this book. Sincere recommend!

It was brief, a bit simplistic. I anticipated something deeper and applying to more than just the few examples the author used. We all know a few more toxic persons and we could use some insight into detoxing those negative relationships.

This is a must have for anyone who has a toxic co-worker. It is very informative and gives great tips on how not to get sucked into their vortex.

I loved it! Helpful in identifying and dealing with those toxic people, we all know some!

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