



**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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