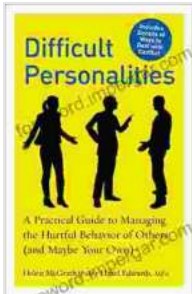


# The Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own)



## Difficult Personalities: A Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own)

by Helen McGrath

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1695 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 358 pages
Lending	: Enabled



**Do you feel like you're constantly being hurt by the people around you?**

Do you find yourself reacting in ways that you later regret?

If so, then this book is for you.

The Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own) will teach you how to:

- Identify the different types of hurtful behavior
- Understand why people act this way

- Develop effective strategies for coping with hurtful behavior

This book is based on the latest research in psychology and neuroscience, and it provides practical, evidence-based advice that you can start using right away.

### **Here are some of the things you'll learn in this book:**

- How to identify the different types of hurtful behavior
- Why people act this way
- What you can do to stop hurtful behavior
- How to cope with the effects of hurtful behavior
- How to forgive and move on

If you're ready to take control of your life and stop being hurt by the people around you, then this book is for you.

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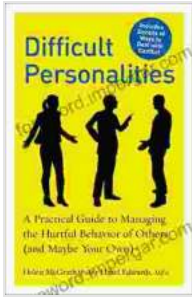
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