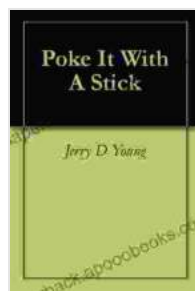


# Poke It With a Stick: The Ultimate Guide to Understanding and Dealing With Difficult People

Do you know someone who is always negative, complaining, or argumentative? Someone who seems to suck the joy out of every situation? If so, you're not alone. Difficult people are everywhere. They can be our coworkers, our family members, our friends, or even our spouses.



## **Poke It With A Stick** by Jerry D Young

★★★★☆ 4.2 out of 5

Language : English  
File size : 37 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 22 pages  
Lending : Enabled



Dealing with difficult people can be a challenge. But it doesn't have to be. With the right strategies, you can learn to manage their behavior and protect your own well-being.

In *Poke It With a Stick*, Dr. David Lewis provides a comprehensive guide to understanding and dealing with difficult people. He draws on his decades of experience as a psychologist to provide practical advice and strategies for handling even the most challenging individuals.

*Poke It With a Stick* is divided into three parts.

1. **Part 1: Understanding Difficult People**
2. **Part 2: Strategies for Dealing With Difficult People**
3. **Part 3: Special Situations**

In Part 1, Dr. Lewis explores the different types of difficult people and what makes them tick. He discusses the role of personality disorders, mental illness, and trauma in difficult behavior. He also provides tips for identifying difficult people and setting boundaries with them.

In Part 2, Dr. Lewis provides a variety of strategies for dealing with difficult people. He covers topics such as assertive communication, setting boundaries, and managing your own emotions. He also provides specific advice for dealing with difficult people in different situations, such as at work, at home, and in social settings.

In Part 3, Dr. Lewis discusses special situations that can make dealing with difficult people even more challenging. He covers topics such as dealing with difficult people in positions of authority, dealing with difficult people who are family members, and dealing with difficult people who are mentally ill.

*Poke It With a Stick* is an essential resource for anyone who has to deal with difficult people. It provides practical advice and strategies for handling even the most challenging individuals. With the help of this book, you can learn to manage their behavior and protect your own well-being.

**Free Download Your Copy Today!**

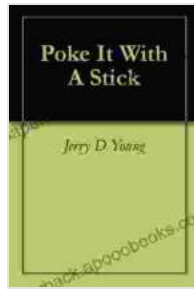
*Poke It With a Stick* is available now in paperback, hardcover, and ebook formats. Free Download your copy today and learn how to deal with difficult people with confidence and compassion.

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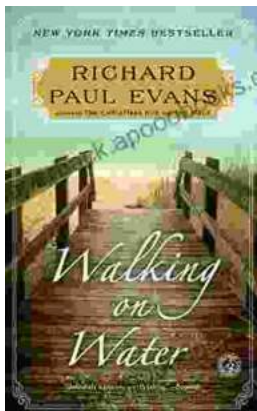


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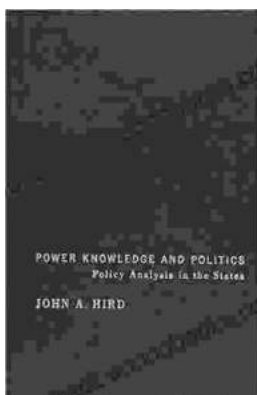


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