

[PDF] Who's Pushing Your Buttons: Handling The Difficult People In Your Life

John Townsend - pdf download free book

Books Details:

Title: Who's Pushing Your Buttons: H

Author: John Townsend

Released: 2004-07-13

Language:

Pages: 240

ISBN: 1591450101

ISBN13:

ASIN: B000GYI1SI



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

Review "Do you have crazy-making relationships that won't go away? Here an articulate mental health expert describes a variety of button-pushing patterns and their emotional dynamics. The rational perspective is comforting at first and allows some distance from the pain. But then the genial Dr. Townsend presses listeners to understand their own reactions and do something. He's a clever writer and enjoyable to hear in spite of occasional indulgences in intellectual wheel-spinning. The morality of Christianity is obvious, but the stronger influences are the secular themes of self-scrutiny, honesty, and accountability. A key lesson is the author's advice on how to talk with troublemakers about their behavior, once insight about the dynamics has been gained."

T.W. © AudioFile Portland, Maine

--This text refers to the edition.

From the Inside Flap You can regain control of your life and stop the stress

We all have at least one--a difficult person who know how to push our buttons and make us crazy. When we're really at wits end, our first inclination is to walk away. But Dr. John Townsend says that in his experience, most people give up too soon on their button-pusher. "They have a limited repertoire of responses, none of which are effective. So they resign themselves in hopelessness."

Instead of leaving your spouse or date, severing family ties, or breaking off a friendship in order to find peace, why not try something new? In this insightful book, Dr. Townsend introduces a revolutionary approach for reaching out to, confronting negotiating with, and setting appropriate limits for the button-pushers you know. It's an approach that holds out great hope for difficult people--and great encouragement for those of us who love them.

"Difficult, button-pushing people can and do change, in deep and long-lasting ways, all the time. I have seen it, and many other have witnessed and been a part of it. God has been in the business of changing difficult people for eons." the author of this book assures us. Find out what role you can play in changing your relationship. --This text refers to an alternate edition.

- Title: Who's Pushing Your Buttons: Handling the Difficult People in Your Life
 - Author: John Townsend
 - Released: 2004-07-13
 - Language:
 - Pages: 240
 - ISBN: 1591450101
 - ISBN13:
 - ASIN: B000GY11SI
-