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How to Hug a Porcupine: Easy Ways to Love the Difficult People in Your Life

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Discover 101 easy strategies for understanding and communicating with difficult people at home, at work, and in your community! Learn to calm the quills of difficult parents, children, colleagues, and even strangers. Most of us know someone who always seems to cause problems or irritate others. The truth is these troublemakers haven't necessarily asked to be this way. Sometimes we need to learn new approaches for dealing with the difficult people who are harder to get along with or love. This concise guide explains that making peace with others isn't as tough or as terrible as we think it is. In 101 useful tips, it shows you how to love and manage the prickly people in your life whether you want to calm the quills of difficult parents, children, siblings, or even strangers. With a foreword by noted psychotherapist Dr. Debbie Ellis, *How to Hug a Porcupine* will help you resolve conflicts, communicate effectively, and lead life with greater patience, empathy, and kindness!

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