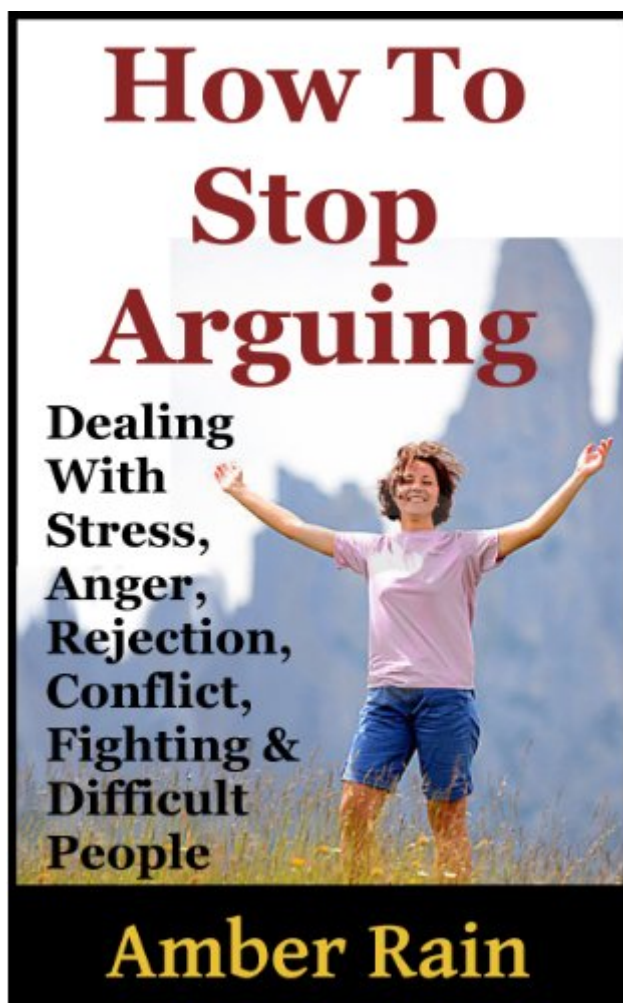


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# How To Stop Arguing: Dealing With Stress, Anger, Rejection, Conflict, Fighting And Difficult People



## Synopsis

How to Stop Arguing With Difficult People Are you exhausted from dealing with conflict? Do you just want the constant arguing to stop? Are the guilt, shame and the intensity of blame wearing you down? Everything you need to stop fighting and arguing with difficult people is in this book. These life-skills will work in any situation where conflict resolution is or isn't possible. The reason they work is because they are centered on teaching you how to manage conflict in such a way that it doesn't harm you emotionally anymore. Inside You Will Learn How To: Stop an argument from starting Connect in a confident and effective manner Protect your emotions when dealing with difficult people Set boundaries with people who want to treat you like a doormat Cope with rejection and find deeply based serenity in loving yourself Stop fighting and arguing with anyone The author, Amber Rain has successfully used these methods for dealing with difficult people and situations since 2001. It all started when she was married to an alcoholic and found herself caught in the grips of constant conflict. The levels of stress, anger and anxiety were too much for her to bear. Amber sought out help and has since helped tens of thousands of people all over the world learn how to cope with difficult people. Ideas on How To Stop Arguing From The Book 1. Never argue. The number one rule is really all you need however; it is easier said than done. 2. Keep your mouth shut. This one is going to take a lot of practice, but don't get discouraged, eventually you will master your unruly tongue. I promise you that you will argue a lot less if you can learn how to zip your lips long enough to respond in an appropriate manner rather than react negatively to what someone is doing or has said. You have to practice having self-controlled responses. This can be extremely difficult depending upon who you are dealing with. Some people can be quite verbally abusive and it may cause you to instinctively react in anger. As you can see Amber writes in such a way that you get the best, of the best information in a condensed form. You won't have to waste your time looking for the good content in this book. NO! Within minutes of reading the first five tips, you can start applying this wisdom to any situation you are dealing with where conflict is happening. When you finish reading "How To Stop Arguing: Dealing With Stress, Anger, Rejection, Conflict, Fighting and Difficult People" you are going to understand: Why living in the present moment is so important to overcoming stress The importance of forgiving yourself and others How to respond intelligently, rather than react in a negative manner How to be kind in any situation Detach from toxic people Deal with difficult people without losing your temper in the process Be kind to yourself while trying to stop arguing and fighting And much more More Tips On Dealing With Difficult People From The Book 46. Don't discuss serious issues late at night. The very worst time to have a discussion about something that has been bothering you is late at night when you are tired. 47. If you have

somewhere to go where you will be for a while with the person who has a tendency to want to argue, take separate vehicles. If things start heating up, you will have your own method of escape. If you are ready to make positive changes in your relationship with a spouse, boyfriend, girlfriend, boss, co-worker, child or family member, get the book now. You will be so happy you did. Tags: how to stop arguing, dealing with difficult people, stress, anger, how to stop fighting, deal with rejection, conflict resolution, resolve conflict, dealing with conflict, coping with difficult people, stop arguing with husband, wife, spouse, boyfriend, gi

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## **Customer Reviews**

Stop Arguing. Now. How to Stop Arguing: Dealing with Stress, Anger, Rejection, Conflict, Fighting and Difficult People by Amber Rain is a great tool to help those in a bad situation. Also as it states in the disclaimer: you should adjust your use of the information and recommendations provided accordingly considering that no two situations are exactly alike. Also, I like the formatting of this book. Instead of chapters and long sections or paragraphs and prose, there is simply a list of tips. Though long, the list is quite effective. I am glad that this focuses on you as opposed to your argument partner. The tips can be used in practically every situation and during my reading I can

recognize things I have done. The best tip of all is number forty nine in my opinion, just do not skip ahead to read it; all of the tips are really good.

Easy to follow advice on how to quit fighting and arguing. These tips are really very good. I think the one that has helped me the most is the suggestion to make up my mind that no matter what, I am not going to argue. Before reading this Kindle book I didn't really understand how to have more self control. This book has provided specific direction on how I can quit arguing altogether. Although, I have still been fighting, I am not fighting as much as I was before reading this Kindle book. This means that I have made some progress, which the author says is a good thing. Amber says that change takes time and that I am not always going to do everything perfectly. I have learned how to forgive myself quickly when I do slip and argue. I have also been starting over with new beginnings through letting go of past events.

Short and concise, but great advice. The author seems to know what she is talking about. Love that it isn't just about how to stop arguing, but also about how to let go of that anger.

This was a quick read. There are some tools to help one deal with anger and fighting presented. I think being prepared to cope when things go awry would be great. Perhaps there is something helpful for anyone struggling with bickering inside this short book. Now I will reread it to try to add ideas more concretely when fussing is going on.

Anyone who has been in any kind of relationship knows that people argue sometimes. Arguing can be healthy, if it's done in a way that is constructive instead of harmful, but when a couple argues too much, there is a problem. This book has a lot of great advice for people on how to deal with issues that cause anger and arguing to crop up between a couple. While I don't have much of a temper problem, I like to read books like this one in order to keep these kinds of helpful reminders fresh in my mind. One of the things I have observed over the years is that a lot of hurt feelings and arguing stem from pride and selfishness. Arguments happen less often when you take into consideration the other persons feelings over your own. Compromise is at the heart of any good relationship, and if you or your partner are each demanding their own way all the time, people are going to feel things like stress, rejection, and anger. While some anger can be a good thing (it tells us when someone has crossed a boundary we don't like) there are ways to minimize how explosive that anger can be. Learning to control your own self, and take responsibility for your own emotions and not let them

control you, is one way to minimize arguing. This book helps the reader to explore their gut reactions and learn how to overcome them in a more healthy way, so that there is less conflict in the relationship. In my opinion, every person should read this book at some point in their lives.

I am a mom, girlfriend, daughter, and entertain several bosses through various jobs. There is not a day that goes by unless I am wholly by myself, locked in the bathroom, that I don't feel stressed. I try to plan out a weeks worth of life for a few different people while dealing with the day to day curve balls that life always seems to throw. I needed to find something to help me get myself in order, and Amber always seems to have something great. While the books does lean more towards arguments and keeping from fighting, it does help connect with stress. Sometimes when you have too much pent up stress every conversation can become a fight, and you hurt people along the way without thinking about. "How to Stop Arguing" helped me realize I could take the time in my conversations, not just give out rapid fire answers. When you slow down, and think about what you are doing, you find it easier to deal with everything around you. Amber's book helped me find better ways to say my thoughts, and helped me become more positive in my dealings. When I am positive, I find that others around me are happy as well! While the stress isn't completely gone, I found that I am breath a little lighter, and deal with a lot more curve balls.

This book would be a useful read for most of us, especially someone who would like to get a better rein on their temper. I know I need help not arguing sometimes, and of course, arguing never really solves anything. There are better ways to deal with your emotions and feelings, and this book addresses some of these ways. Inside this book, there are a great number of techniques to adopt to refrain from arguing with your partner, or just about anyone else. There are also recommendations of other things you can do, in order to lessen your aggressions for instance, so that you may not even want to argue sometimes. These techniques are not hard to comprehend or carry out, so if you have a problem and need to stop arguing with someone, or you don't like the amount of arguing you have noticed yourself doing, you should check out this book.

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