



## A Hassled Guy s Guide (Paperback)

By Gwilym Gibbon Fellow in the Politics Group Jim Gallagher

Jasmine Health, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Are you fighting with your parents or a friend? Are you being hassled or bullied? Do you lash out at them or give them the silent treatment? Neither of these strategies solve the problem, so what do you do? A HASSLED GUYS GUIDE uses real-life examples and quotations to illustrate the causes of conflict and its biological and emotional effects. This book also provides research-based information on finding healthy ways to resolve the issue. Effective communication is the key. Take a quiz to discover your communication style, and take the first steps to improve how you deal with conflict so you can begin to mend your relationships.



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