



## It s Not Personal: Lessons I ve Learned from Dealing with Difficult Behavior

By Cindy Hampel

Orange Sun Press, United States, 2011. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. . . A must-have for anyone who reads self-help books, says Joanne Huspek of Associated Content. In this book of personal vignettes, the author discovers hopeful spiritual lessons hidden in difficult situations. Cindy shares how the spiritual lessons she learned freed her to focus again on her own goals instead of the difficult behavior of others. Written from a layperson s point of view, the book discusses: why difficult behavior isn t personal, how to handle fear and guilt tactics, what to learn from resentment and regret, how to stay poised under pressure, how to communicate more effectively, why you should forgive others, and how to be happy despite difficult encounters. It s Not Personal is written for busy readers. Each chapter is short, starting with a personal story and ending with a summary tag line. The 130-page paperback version is fully indexed. A Kindle version is also available at \$9.99. ABOUT THE AUTHOR: Cindy Hampel has earned awards for investigative journalism and feature writing. She has reported for daily newspapers, served in corporate media relations,...



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### Reviews

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