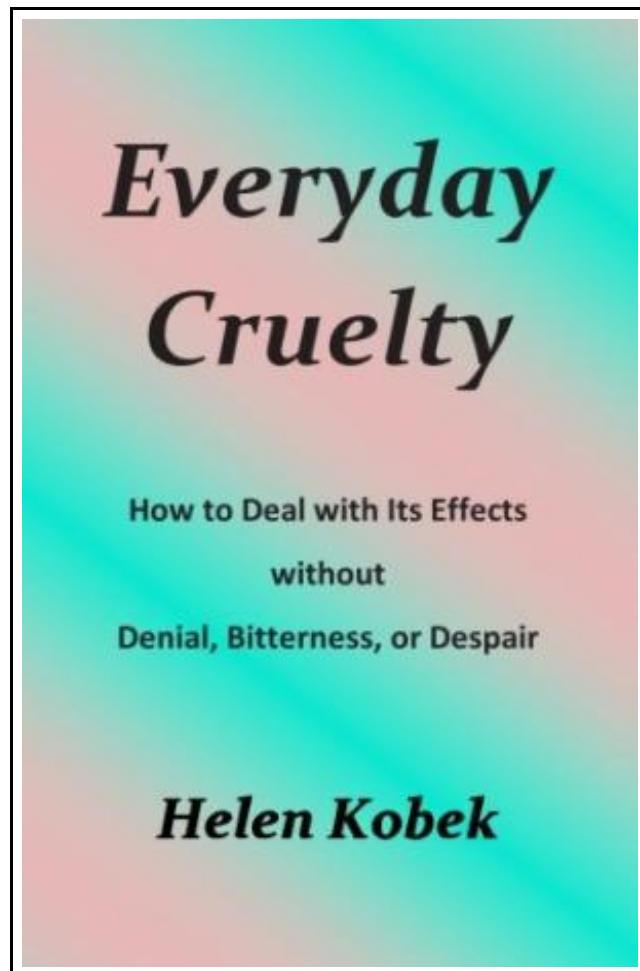


Everyday Cruelty: How to Deal with Its Effects Without Denial, Bitterness, or Despair



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Dio Publishing, United States, 2014. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Your guide to dealing with something we all experience: Everyday Cruelty Have you ever. - been bullied at school, home, or work? - been driven to the edge by an uncooperative telephone technical support employee? - had a medical appointment that was too short to be useful? - had to fight with an insurance company? Everyday cruelty is everywhere there are people: in stores, on the street, in churches, at home, in doctors offices, in schools, and at work. We experience the effects of everyday cruelty in our bodies, minds, emotions, spirits, and even in how we act in the world. It is no easy task to live with cruelty in our daily lives without falling into the big three of troubling responses: denial, bitterness, and despair. Everyday Cruelty: How to Deal with Its Effects without Denial, Bitterness, or Despair guides the reader through the process of understanding how to deal with everyday cruelty while being fully aware of its power. By defining cruelty, examining how it affects us, delving into what makes it so painful, and then offering hundreds of strategies for dealing with it, Helen Kobek offers this promise: You can deal with the effects of everyday cruelty without pretending it is not happening, becoming resentful, or giving up.



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