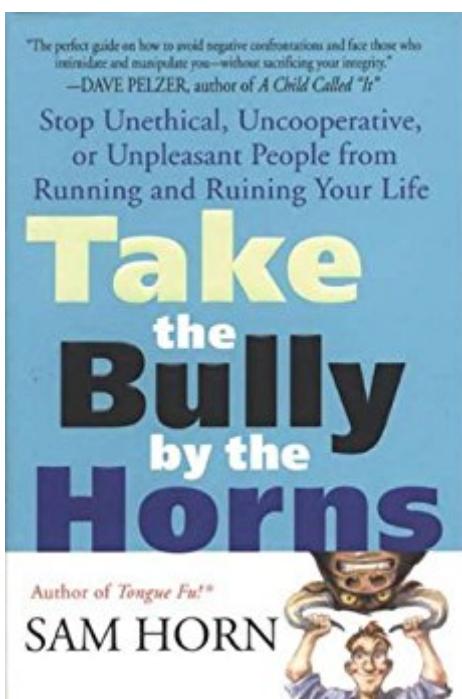


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# Take The Bully By The Horns: Stop Unethical, Uncooperative, Or Unpleasant People From Running And Ruining Your Life



## **Synopsis**

How often have you wished you knew how to defuse the difficult people who wreak havoc on your life? Whether it's a neighbor who keeps disturbing your peace, an employer who manipulates you into unpaid overtime, a spouse who criticizes and controls your every move, a colleague who uses scare tactics to intimidate you, or a student who teases your child without mercy, *Take the Bully by the Horns* will give you real-life strategies to stop people from taking advantage of you, including how to: \* Adopt a "don't you dare" attitude \* Refuse to play The Blame-Shame Game \* Beat 'em to the punch...line \* Stop paying the price of nice \* Put all kidding aside \* Act on your anger instead of suffering in silence \* Savior Self from martyrs and guilt-mongers \* Not be victimized by crazy-making Jekyll/Hyde personalities \* Adopt the Clarity Rules and Rights With these tools, you can take back your peace of mind and your sanity. You'll be able to fight back constructively and prevent harrassment by bullies, from the workplace to the schoolyard. The bold suggestions in *Take the Bully by the Horns* will show you once and for all how to convince unfair or unkind relatives, co-workers, customers, or strangers to either behave cooperatively or leave you alone.

## **Book Information**

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## Customer Reviews

I read this book because I am dealing with an Ex that is a complete egotistical, narcissistic, bully. I dealt with this for 28 years thinking what can I do to make him love me? What am I doing wrong? Living on egg shells being constantly berated, and just torn down. I finally grew up and decided I did not deserve to be treated that way. Well, we are 3 years into after the divorce and now I continue to get bullied through e-mail and he uses our son as a pawn. The only good thing is that everything is in writing for the courts to see. This book has taught me how to deal with this, I have used several stories from the book and applied them to myself. I would suggest to anyone that is dealing with a bully that is suppose to be the person that loves you the most, this is a MUST READ. I will continue to go back and read certain chapters just to reaffirm. NO ONE DESERVES TO BE BULLIED.

Sometimes helpful, other times out right dangerous, this is an interesting book packed with tons of information on both bullies and their victims. Horn really knows this subject inside and out, and leaves no situation uncovered. He describes what motivates a bully, and then provides different scenarios to implement his cures. While some of it was quite reasonable and sound, other times, one needs to have his head examined if they follow his advice. He has quotes by the boatload, that while entertaining, they were distracting. While I agreed with some of what he said, I think one must use caution and plenty of common sense before attempting his solutions. The best thing I got out of this was his chapter about victims. If someone is being bullied, perhaps the chapter on why they are being picked might be the most useful information. By concentrating on fixing it from the victims perspective, seems like a safer plan. It raises the question, if there are no victims, then could bullies cease to exist?

This book was very helpful for my situation. It offers practical advice for how to deal with bullying behavior. I am being bullied at work and most of the advice I can find is 1) report it to HR or your boss 2) when that doesn't work quit. Step 1 didn't work, my boss believes me, supports me behind closed doors and occasionally tells her to stop but nothing long term. I don't want to quit my job to get away from my bully. This book has shown me that I have been doing a lot wrong. You can't solve bully problems the way you solve other interpersonal conflicts when both parties have ethics and want a good outcome. Bullies don't. The only minor disappointment was that it didn't go into what to do if a bully doesn't attack you head on but mostly behind your back - my particular

situation. Despite that I can apply most of the chapters to my situation even if the scenarios are different.

I finished reading the book and I am so glad I did! I actually had a bully in a yoga class of all places! She was relentless in her rude remarks towards me, intentionally bumping into me after class, following me around, getting in my personal space all the while her nine year old daughter was watching! Talk about a pathetic parent! I followed what the book said about bullies in your personal space and rude remarks. I was able to shut her down pretty quickly and she hasn't acted rude or gotten in my space since. I stood my ground and she finally backed off! Hopefully, her daughter learned a good lesson. I can see her daughter is starting to act just like her bully mother...really sad. There is plenty of info regarding numerous situations whether your a child or an adult, coworker vs. coworker or boss. There's stuff on how to deal with obnoxious family members, strangers, you name it! I would highly recommend this book!

I've read a few of these types of books in trying to deal with a tyrant in the family. THIS book is the one! Other books have helped but THIS ONE, through and through, has been the most beneficial in improving the way we communicate and respond. It's made my life so much more happier with less combativeness from the other person who has extremely strong reactions to normal things. The other person I deal with is very controlling yet from the things I learned in this book, I've been able to not let that person destroy my personal happiness. I don't react to their vicious words or strong combativeness which in turn, stops that person in their tracks. Every parent should read this book to help their child learn how to deal with these ugly people. The best book out there on this terrible life problem.

I've read several books on bullies & none compare to Take the Bully by the Horns. This comprehensive book teaches you how to identify different types of bullies, how to handle bullies & how to set & keep boundaries. This book motivates & inspires me to stand strong & confident!

I bought this book 5 years ago and just read it in 2017. I was having problems with my boss 5 years ago. I wish I would of completely Read it then. This book has opened my eyes up to what has been plaguing me all of my life! BULLIES! My sister was a bully, my father was a bully, my stepmother was a bully. I became a bully in my teens. When I started in the working world I had problems with bosses and fellow employees. My current employer the environment was so bad that I turned to this

book and it has completely changed my life. I have been to professionals that could not figure out what this book has. I am working with my son's and teaching them what I have learned so that they won't have to go through what I went through. This is a great book. Get it and read it today!

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