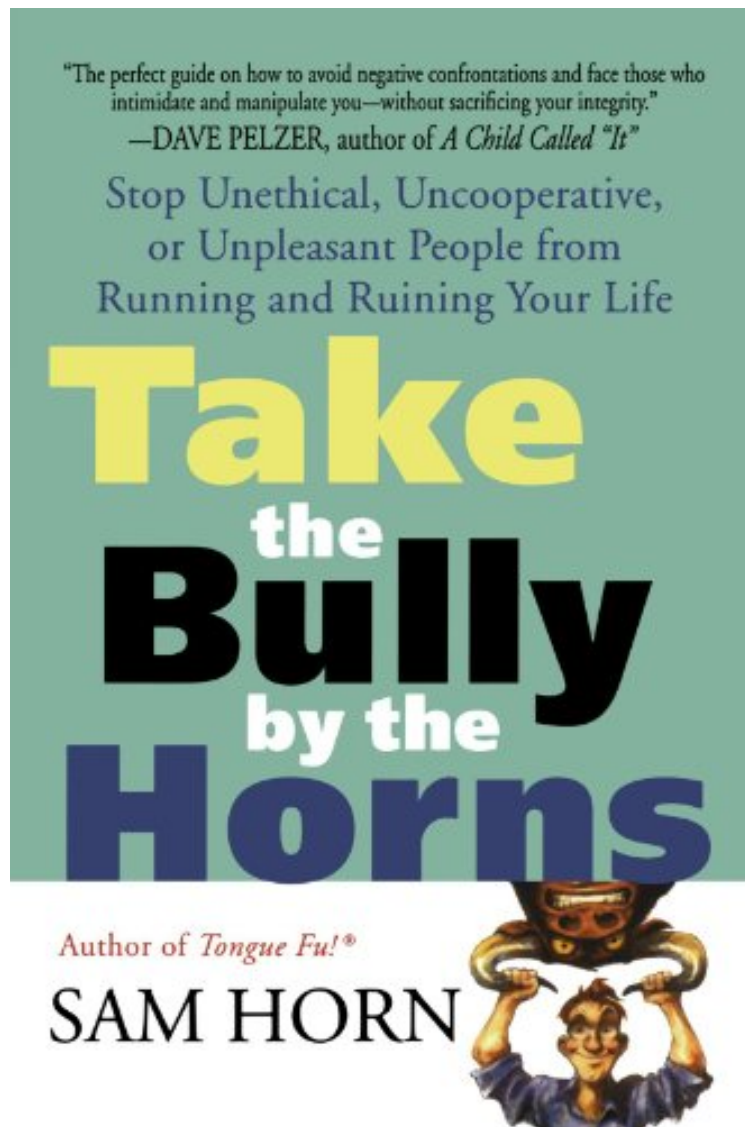


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Take the Bully by the Horns: Stop Unethical, Uncooperative, or Unpleasant People from Running and Ruining Your Life

Sam Horn

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#143249 in Books Sam Horn 2003-09-09 2003-09-09 Original language: English PDF # 1 8.50 x .72 x 5.501, .95 #File Name: 0312320221320 pages Take the Bully by the Horns Stop Unethical Uncooperative or Unpleasant People from Running and Ruining Your Life | File size: 61.Mb

Sam Horn : Take the Bully by the Horns: Stop Unethical, Uncooperative, or Unpleasant People from Running and Ruining Your Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Take the Bully by the Horns: Stop Unethical, Uncooperative, or Unpleasant People from Running and Ruining Your Life:

3 of 3 people found the following review helpful. Bully EX-HusbandBy Dinah GI 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.3 of 3 people found the following review helpful. Helpful book about understanding both bully and victimBy Carole P. RomanSometimes 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?1 of 1 people found the following review helpful. Very Helpful BookBy DaisyThis 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.

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 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 RightsWith 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.

From Publishers WeeklyThe subtitle of Horn's treatise indicates just how much psychological ground he manages to cover in this encouraging how-to. Not just for kids on the playground anymore, bullying can have serious consequences for adults: violence, lawsuits, abuse and even death. Many of the "28 Ways to Lose Your Bully" strategies Horn (Tongue Fu) outlines are common sense, the same advice parents might give children after a rough recess: "Put Up a Brave Front," "Get Out of My Space," "Screw Up Your Courage." The number of mini-quizzes and aphoristic sayings make the book read like a large-scale PowerPoint presentation (not surprising, as Horn is a veteran of the corporate seminar circuit). Yet there's a realism here that is convincing: Horn's example situations include spouses who hit or cheat, spouses' bosses who grope, coaches who berate, false friends who cajole confidences, business partners who steal, neighbors who instill fear and people who chronically hit up family members for bail money (or "deja moo"). Role playing "Action Plans" for conversation help firm up psychic independence and avoid pointless, draining argument. Copyright 2002 Reed Business Information, Inc.From Library Journal"Bullies come in all shapes, sizes, genders, ages and professions," notes Horn (Tongue Fu!). True enough, but Horn's inconsistent writing and lack of useful tools drain this book of any worth. Confusingly titled chapters "Depend on the Kinkiness of Strangers," for example, concerns personal safety and self-defense render the table of contents useless. Good, albeit brief, chapters on school-yard bullies and using humor to defuse tension are outnumbered by those that mistake insensitivity for bullying or mismatch lessons and examples. This book covers much the same ground as Brandon Toropov's The Complete Idiot's Guide to Getting Along with Difficult People and Robert M. Bramson's recently reprinted Coping with Difficult People. Compared with those books, Horn's work feels undercooked. Not

recommended. Copyright 2002 Cahners Business Information, Inc. I believe this book is a valuable resource for anyone who has ever been victimized. Sal Severe, Ph.D, author of *How to Behave So Your Children Will, Too*