



How to Solve Your People Problems: Dealing with Your Difficult Relationships

Alan Godwin

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Practical Help for Relationships! No matter how much you're attracted to someone's positives, you'll eventually encounter their negatives when you get in close. In fact, the closer the connection, the more likely it is that friction will occur. But all conflict is not created equal. Drawing on years of counseling experience, Dr. Alan Godwin has put together an easy-to-understand look at "good" and "bad" conflict. Offering concise definitions, clear illustrations, and specific options for dealing with conflict, Dr. Godwin helps you . . .

- effectively deal with conflict in various relational situations
- learn the different methods needed for handling unreasonable people
- establish good communication and healthy boundaries
- counter old conflict patterns when they return and get back on track

Make your good relationships better and handle your difficult relationships more capably by implementing the principles and steps in this book. A wonderful resource for those who desire better communication, assist others in handling conflict, and want better ways to handle difficult people

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