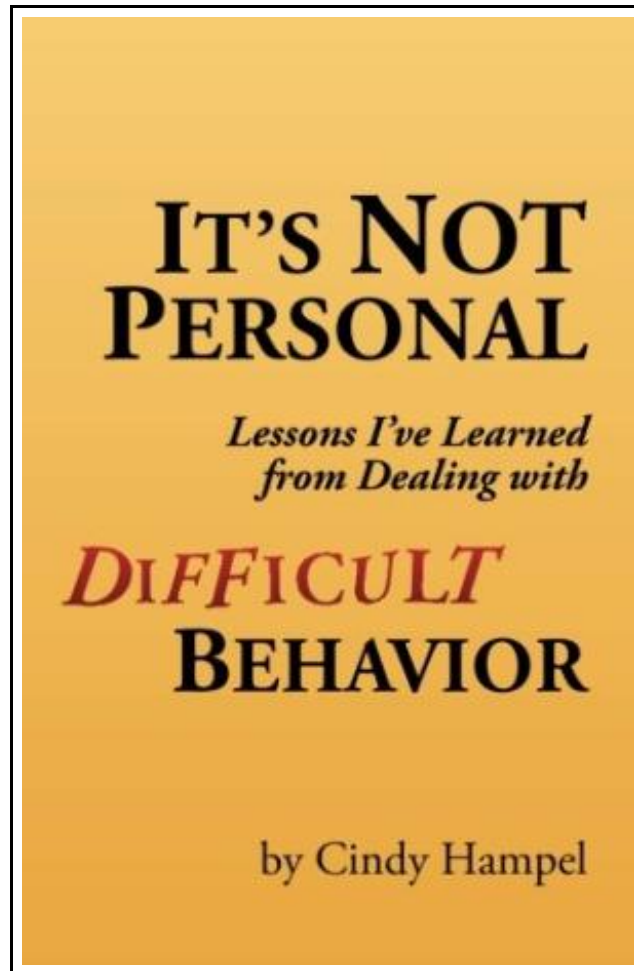


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Orange Sun Press, United States, 2011. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****. .A must-have for anyone who reads self-help books, says Joanne Huspek of Associated Content. In this 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, and consulted on editorial projects for nonprofit and for-profit organizations. Please visit the Orange Sun Press web site at **WHAT OTHERS ARE SAYING ABOUT IT S NOT PERSONAL** . When someone is hostile to you, remember it s not always because of you. **It s Not Personal: Lessons I ve Learned from Dealing with Difficult Behavior** is a self-help guide from Cindy Hampel as she advises readers on how to deal with ever so difficult people we undoubtedly encounter in our lives. Encouraging readers to not let it get them down and more, **It s Not Personal** is a choice...



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