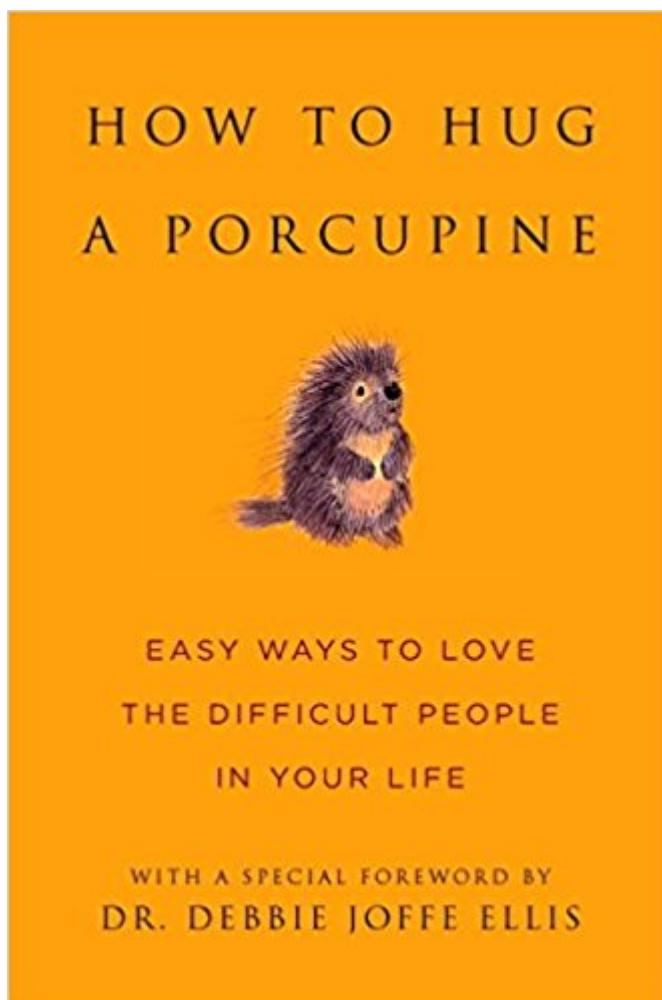


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# How To Hug A Porcupine: Easy Ways To Love The Difficult People In Your Life (Little Book. Big Idea.)



## Synopsis

How to Love the Difficult People in Your Life

Most of us know someone who, for whatever reason, always seems to cause problems, irritate others, or incite conflict. Often, these people are a part of our daily lives. The truth is that these trouble makers haven't necessarily asked to be this way. Sometimes we need to learn new approaches to deal with people who are harder to get along with or love.

*How to Hug a Porcupine: Easy Ways to Love Difficult People in Your Life*, explains that making peace with others isn't as tough or terrible as we think it is—especially when you can use an adorable animal analogy and apply it to real-life problems.

*How to Hug a Porcupine* provides tips for calming the quills of parents, children, siblings, strangers, and other prickly people you may encounter. Among other tips, *How to Hug a Porcupine* includes:

- \*Three easy ways to end an argument
- \*How to spot the porcupine in others
- \*How to spot the porcupine in ourselves

With a foreword by noted psychotherapist Dr. Debbie Ellis, widow of Dr. Albert Ellis, *How to Hug a Porcupine* is a truly special book.

## Book Information

Series: Little Book. Big Idea.

Hardcover: 160 pages

Publisher: Hatherleigh Press (March 10, 2009)

Language: English

ISBN-10: 1578262933

ISBN-13: 978-1578262939

Product Dimensions: 5 x 0.6 x 7.4 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 35 customer reviews

Best Sellers Rank: #81,219 in Books (See Top 100 in Books) #87 in Books > Parenting & Relationships > Family Relationships > Dysfunctional Families #517 in Books > Parenting & Relationships > Marriage & Adult Relationships #538 in Books > Self-Help > Relationships > Love & Romance

## Customer Reviews

Dr. Debbie Joffe Ellis is a licensed psychologist in Australia and mental health counselor in New York. She is affiliated with several major psychological associations and societies including being a Member of the Australian Psychological Society, and an International Affiliate Member of the American Psychological Association. For several years, she worked with her husband, Dr. Albert

Ellis, giving public presentations and professional trainings in Rational Emotive Behavior Therapy (REBT), as well as collaborating on writing and research projects, until his death in 2007. She now continues to present, practice and write about his groundbreaking psychotherapeutic approach of REBT. She has also co-authored several forthcoming books with Dr. Albert Ellis. She currently has a private practice in New York City, and also delivers lectures, workshops and seminars throughout the U.S.A. and across the globe.

Have had a stressful couple of years with my adult daughter, who is having marital problems and challenges with her 4 high school/college age children. . She lashes out at me constantly and is very difficult to be around. Another huge problem is that she will only text message -- a one-one-phone conversation is very rare. This book has helped me realize I must not take this personally and that she needs to deal with her own life problems before I can help her very much. I needed to know how to be around her without her tearing me apart with our increasingly hurtful and abusive relationship. I highly recommend this book -- and the title says it all.!!!

I had heard of this book before, but never took the time to read it. Now that I have 2 grown sons and a husband around, I needed to read a self-help book on "difficult people." It was really an eye opener and something I need to read over and over. It is broken into little parts, so you can read some each day. It has changed my life.

The book of a similar title by John Lund is much better as it not only goes over some of the bullet points covered in this book of positive actions to take but explains why.

I'm glad it helped so many people. Me? I guess I just can't be around porcupine people. But I do love real porcupines - so cute!!!!

I am a porcupine and I looooooved this book! It's full of comforting words and practical advice for dealing with difficult people like me. The advice are simple and practical yet very touching and comforting. When you are in the difficult situation of dealing with a porcupine you feel frustrated and helpless wondering what to do. This book is full of all the intuitive stuff you should know in those situations. Analogy of using the porcupine as a metaphor is the brilliant feature of this book making it cute and easier to read. There is a nice explanation in the beginning about the metaphor.

A simple and catchy title can't hide a book that is content thin. Complex relationships deserve more than platitudes. So much for book recommendations

This is just advice for anyone

This is a really great book. I open it a few times a week and read it to my (semi) porcupine :). I like how you can read it almost like a "thought of the day" and not an overwhelming book. Lots of food for loving thought.

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