



8 Keys to Eliminating Passive-Aggressiveness (8 Keys to Mental Health)

Andrea Brandt

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Guidance for dealing with this common and frustrating form of behavior.

Many people often say “yes” to something when they’d rather say “no.” They offer cooperation through words but follow up with how they *really* feel—in actions that contradict their words. That’s passive-aggression. At its heart, passive-aggression is about being untrue to oneself, which makes it impossible to have a clean relationship with others. Passive-aggression as a communication method doesn’t make someone “bad.” It is simply a strategy learned in childhood as a coping mechanism, a hard-to-break habit. Changing passive-aggressive behavior requires knowledge, tools, and practice, as outlined here.

The book offers effective methods for transforming passive-aggression into healthy assertiveness to communicate in constructive ways through eight keys: Recognize Your Hidden Anger; Reconnect Your Emotions to Your Thoughts; Listen to Your Body; Set Healthy Boundaries; Communicate Assertively; Interact Using Mindfulness; Disable the Enabler; and Problem-Solve for Better Outcomes. Hands-on exercises are featured, enabling readers to better understand themselves.

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Diane Lomas:

A lot of people always spent their free time to vacation or even go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity this is look different you can read the book. It is really fun for you personally. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book 8 Keys to Eliminating Passive-Aggressiveness (8 Keys to Mental Health) it doesn't matter what good to read. There are a lot of people who recommended this book. They were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the particular e-book. You can m0ore simply to read this book from the smart phone. The price is not too costly but this book has high quality.

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