



Selfish People: How to Deal With a Shallow, Manipulative, Controlling and Self-absorbed Person (Stand Up For Yourself and Stop Being Taken Advantage of)

Carla Loving

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Dealing With Selfish People- How to Stop Being Taken Advantage of By Others

We have all encountered selfish people at some point in our lives. Learning how to deal with them can greatly improve your mood and outlook on life. This book will teach you how to spot a selfish person before they take control of your own well-being. It will also teach you how to deal with these types of abusive personalities in your everyday life.

This Book Can Help You Deal With People That Are Selfish Like Your:

- Boss
- Spouse, Husband or Wife
- Girlfriend or Boyfriend
- A Co-worker
- Parent, Mother or Father
- Children, Son or Daughter
- Friends and Acquaintances

For those of us who have been able to keep our own selfishness in check, we often face the dilemma of dealing with other selfish people that find their way into our lives. Many of them may be acquaintances, co workers, bosses, or even friends and family members. While it's tempting to think that we can just "detoxify" and cut toxic selfish people out of our lives, reality is much more complicated than that. Given various social contexts, we are forced to learn how to manage our relationships with them.

Selfish People Exhibit These Types of Behaviors:

- They Learn to Manipulate and Use Others
- They are Dishonest and May Lie To Get Their Way
- They Cause Destructive and Abusive Relationships
- They Feel Entitled and Are Shallow
- They May Be Aggressive Towards Others
- They Do Whatever It Takes To Get What They Want
- They Put Others Down For Their Own Personal Gain

- They Do Not Admit That They are Selfish and See No Problem With It

Having the tools to deal with these types of people in your life is what you will accomplish after reading this book. You will also gain techniques and strategies to better equip yourself to handle selfish people.

You Will Also Learn How to Deal With Stress Caused By the Selfish Person In Your Life By:

- Addressing Your Insecurities
- Staying Healthy
- Learning How to Reflect

Selfish people are difficult to interact with, this book will give you everything you need to finally stand up for yourself. Learning how to interact with these people in a healthy way is what we hope to accomplish.

Tags: selfish people, controlling people, manipulative people, how to fix your marriage, dealing with a selfish person, narcissistic personalities, control freaks, codependency, abusive relationships, shallow people, stop being manipulated by others, stand up for yourself, self-absorbed people

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