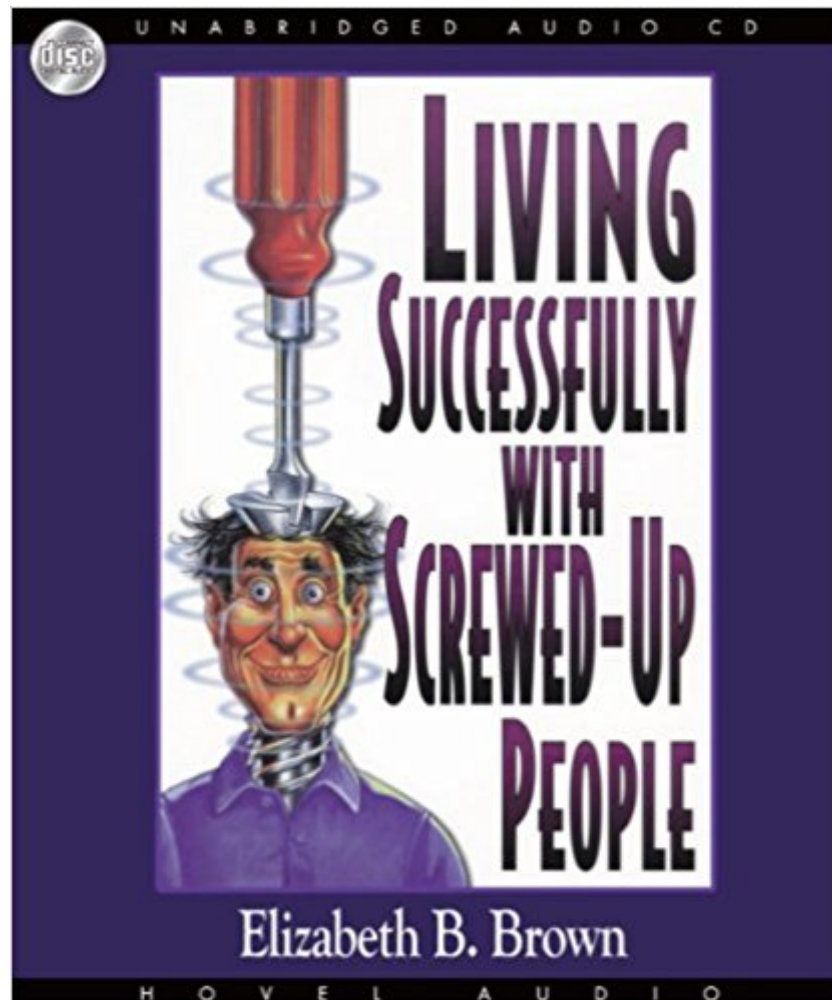




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# Living Successfully With Screwed-Up People



## Synopsis

Unfortunately, the world is full of screwed-up people. But the good news, says Elizabeth Brown, is that your world no longer has to revolve around them. With brilliant insights and a keen sense of humor, this trusted author and sought-after speaker shows readers how to: stop the power of whatever is eating them alive productively respond when confronted remain poised and in control when everyone around them loses it win fairly in unfair battles let go of what has been, or what they wish would be, and live triumphantly now Dozens of real-life success stories, brief diagnostic tests, and practical tools are included to help readers assess their own situations and gain confidence to change self-defeating behaviors. This popular word-of-mouth bestseller now has an updated look.

## Book Information

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## Customer Reviews

You can be positive--no matter who tries to bring you down.Unfortunately, the world is full of screwed-up people. But the good news, says Elizabeth B. Brown, is that your world no longer has to revolve around them. With brilliant insights and a keen sense of humor, this trusted author shows you how to: take back the power from the difficult people in your life respond productively when confronted remain poised and in control when everyone around you loses it win fairly in unfair battles let go of the past and live triumphantly now Dozens of real-life success stories, brief diagnostic tests, and practical tools are included to help you assess your own unique situation and gain the confidence to live successfully with screwed-up people.You can stop being the victim of others and start loving life in spite of them. --This text refers to the Audible Audio Edition edition.

Elizabeth Brown is a teacher, speaker, and the author of *Surviving the Loss of a Child*. She and her husband, a physician, lead seminars around the country. They live in Johnson City, Tennessee.

I saw only one review with a poor rating, saying that because of the humorous title and picture, they thought this book would be "light-hearted and funny". HA. For those of us with a truly difficult loved one in our lives, we know all too well that, "This @#! Ain't Funny!" This book explains, in no uncertain terms, how relationships with people we love become skewed and unbelievably painful. It takes two people to create a dysfunctional relationship, but only one to diffuse it, or to change the power dynamic. This book has examples, tools, and blue-prints (as it were) for changing your relationship and making your life better and more importantly, joyful again. If there is a relationship in your life that is hurting you, and you need help in turning it around OR help in deciding whether or not the relationship is worth keeping, I can't recommend this book highly enough. And if your distress caused you to look at this book in the first place, I wish you emotional freedom, and all the happiness you really do deserve.

"It takes one person to change a relationship." ~ Elizabeth B. Brown "Living Successfully with Screwed-Up People" is not just for people actually "living" in the same house. It is much more inclusive than that. This book is for people who have a difficult boss or a difficult in-law or a difficult friend or even a difficult significant other. So many difficult relationships are discussed. Elizabeth B. Brown encourages the reader to "care without enabling." She believes it only takes one person to change a relationship so much of the book is about working on yourself so you don't encourage negative reactions in others. Basically you take responsibility for your own actions, anger, disagreeable spirit, etc. As she basically asks: "Are you causing others to exhibit reactive behavior?" "Do you feel manipulated and controlled?" "Do you feel you always have to defend yourself?" "Do you fantasize about getting out of a relationship?" "Do you long for your relationships to be different?" Then definitely this book is for you. After reading this book you will know whether to stay or go, end a relationship or stick with it. Elizabeth B. Brown talks a lot about codependency but she also addresses issues like forgiveness and compassion. So if you are wondering if you should quit or proceed this book gives hope that you will make the right healthy and positive choice. This is truly a book all humans need to read because it is inevitable that you are going to have to deal with people who have issues and problems. This book encourages you to see the human side and to act compassionately. ~The Rebecca Review

Only days before this book arrived I had made the final step to freedom from a screwed up person (SUP). For 34 years as matriarch of this family I had endured countless emotional scares, \$50-60,000 worth of things stolen, destroyed irreplaceable treasures all gone, in the name of being a caring sister. The final blow was a devastating attempt to turn my son against me. I found myself on my hands and knees begging forgiveness for what she did. I came home blocked her calls and resolved to call the police if I saw her face again. It felt so freeing--enough was enough!! Your book arrived and I begin to read, at the same time my son started turning his life around. I don't believe in happenstance. This book made my resolve resolute and showed me ways to guide my son without him knowing. The book may have an amusing title but it becomes a powerful tool on how to let go OR HANG ON WHEN POSSIBLE.

This book wasn't what I originally thought it might be. I thought it would be how to deal with annoying people around you, but it was much deeper than that. Meant to address living with serious problems in your serious relationships, it was much heavier topic than I originally thought it would be. It is well written with many good points, definitely worth reading, even if you don't have any SUP (Screwed-Up People) in your life (although you probably have one - yourself).

This book has great learning advice and conversation keys to help you with those difficult people in your life. It teaching you what you can do to change the situation...not how you can change the other person as that is not possible. People change because they want to, you can not force change in other people but this book gives you skills to use in dealing with them. The book points out reality is what it is - and you need to deal with it and how to do that. Unlike other books that claim they have some "magic solution" this book tells it straight. The title is not the best title as it may keep people from purchasing it thinking they don't have screwed up people in their life but it actually applies to any difficult person you may encounter, even if it is that one person in the work place that complains all the time.

Everyone should read this book because every one of us will find himself or herself within its pages. I was surprised at how much of my own behavior I saw there. I was equally surprised at how many times she exactly described something I had done or seen someone else do. Above all else, the author gives hope. I come away feeling better about myself and believing that no matter how difficult the person is, there is a way to live happy and successfully, and a way to change the negative to the

good. This is a marvelous book and I highly recommend it.

This is exceptionally well written book. If you feel you need one, then you found the real treasure. I love this book, it helped me a lot in difficult time. I am reading it with the highlighter in hand. It is written in simple English, so you are not overwhelmed with the terminology, but receive a simple explanations and practical advice. Thank you Dr. Brown for such a nice work. I highly recommend to everyone who is looking for such of book to buy one.

page 136 i'm having a problem with. The black panthers were not a terrorist group. I also can't find proof of this happening. Is this a mind game.

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