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aa : Living Successfully with Screwed-Up People [LIVING SUCCESSFULLY W/SCREWED] [Paperback]
before purchasing it in order to gage whether or not it would be worth my time, and all praised Living Successfully with Screwed-Up People [LIVING SUCCESSFULLY W/SCREWED] [Paperback]:

2 of 2 people found the following review helpful. Should You Stay or Should You Go?By Rebecca of "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 inlaw 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 Review118 of 119 people found the following review helpful. I Wish I Didn't Need This Incredible Book!By The Continentall 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.6 of 6 people found the following review helpful. Eye opening book purchased from By jancThis 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.