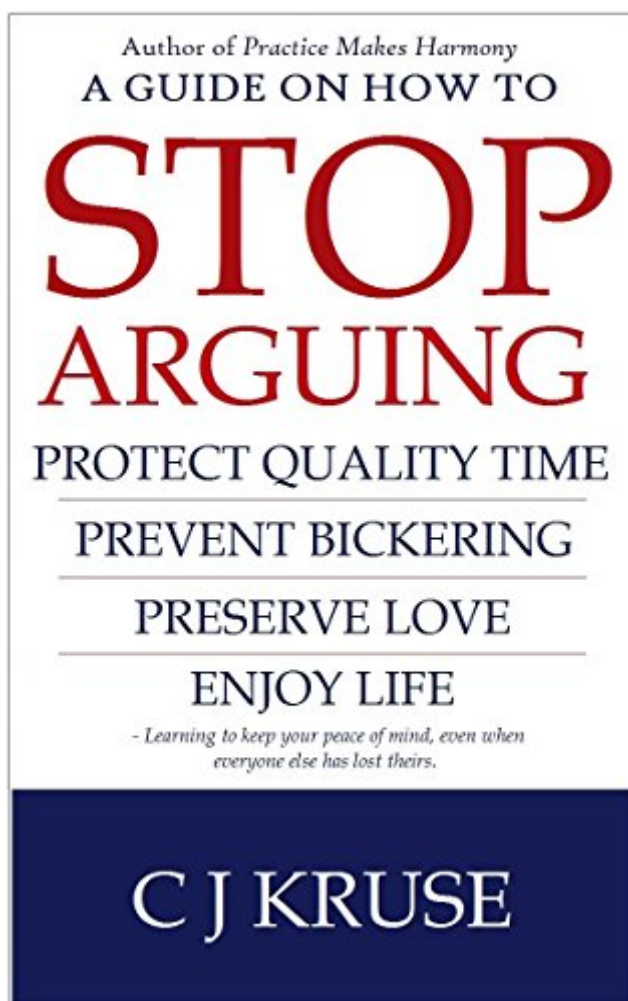


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# A Guide On How To STOP ARGUING: Protect Quality Time, Prevent Bickering, Preserve Love, Enjoy Life.



## Synopsis

STOP ARGUING Protect quality time, prevent bickering, preserve love, enjoy life. In today's world, a surprising amount of friendships, businesses, and marriages are failing, simply because two or more people cannot figure out how to be at peace. Arguing is the culprit, leading to precious time being wasted, bitterness, polarization of views, and it usually doesn't even solve a problem. Time is precious. In fact, is our most valuable resource. Let's quit wasting our precious days, hours and minutes with pointless bickering. You (and your loved ones) deserve much better! Any step you take towards peace and harmony will have a dramatic return-on-investment in the relationships that matter most to you! This book covers:- Argument prevention.- Important and essential truths about arguing and more.- Constructive alternatives to arguing.- Tips and examples of how you can stop arguments that have already begun.

REVIEWS -"This was eye opening how arguing is a result of me not always other! Now time to take what I've learned back into my life. This book was absolutely worth the time and effort to better no one except myself! I am worthy of that time and effort!"- customer "It's very conversational. I didn't realize how argumentative I am. I jump on minor inaccuracies and miss the overall message and I think it's created a lot of needless drama in my relationships. Really good stuff."- customer "Wow, this really helped me and my partner out! We were having a hard time communicating, but this book saved us from ending it all! Thank you!!!"- customer

## Book Information

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## Customer Reviews

Reading this book has helped me recognize how arguments can develop and gives me the tools that can prevent or stop them. The book is well written and I highly recommend it!

But a quick read with a few useful tips. Granted, I'm not exactly the target audience for this book; it seems to focus more on relationship bickering, and people who don't know they are complicit in their constant arguments with their partners. I bought this on a whim to try and gain some new tactics on how to not engage in pointless bickering with my grade-school aged son. Some of the tips are transferable to be sure, so it was not a waste of time (about an hour to read it), but it also was largely irrelevant for my very specific needs. Now, beyond that it is simplistic but easy to read and probably will provide some solid insight and tips for some people. But it does not have a lot of clout behind it and reeks of pop-psychology. Not useless, probably not a bad place to start for some people who just need to stop arguing about everything, but definitely not a resource I would actually trust either.

Very eye opening and straight to the point. It took me to a place of reflecting on my own behaviors and realization that I too am an arguer and in order to help relationships I must be willing to lay down my right to be right, surrender. It was also encouraging when I thought about how surrendering to arguing didn't mean I changed what I believed or gave up some important truths. Very much a needed book and have already recommended it to some family and friends, who were excited about it.

A concise book that helps us to understand why we argue and how to stop doing it. The author basically makes the point that arguing is basically pointless. The book helps us to look at ourselves and pick out the negative patterns of our relating to others. How can I be more diplomatic while still

disagreeing? If we focus on agreement, we can have better conversations and better relationships. People often tend to focus on winning their side of the argument and end up destroying relationships in the process. I appreciated the chapter on difficult people. I was disappointed that the book stopped short of discussing defensiveness - then I discovered he has another book that does that in a free download after you've read this one. Overall the book was an easy short read with some excellent points. More detail and examples would have made it more helpful.

It's very conversational. I didn't realize how argumentative I am. I jump on minor inaccuracies and miss the overall message and I think it's created a lot of needless drama in my relationships. Really good stuff.

Wow, this really helped me and my partner out! We were having a hard time communicating, but this book saved us from ending it all! Thank you!!!

This book should be considered a must read for anyone who has ever had issues with anger. It would likely be helpful to those people with partners or family members with anger issues to create concrete and specific guidelines on how to better manage anger. It is well written, clear, instructive, and offers information in a well thought out process. This book is a gem in the self-help genre. I recommend it without reservation.

I wish I read this book in my teen years while developing into an adult. It not only teaches how to avoid arguing, but also the basis of much psychological pain that can be avoided. Relationships are such a huge part of our lives, and investing a few hours to gain some great insight into human behavior with this book will do wonders for your life.

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