

Download Free
What Pushes Your
Buttons How
Knowledge About
If
Then

**What
Pushes
Your
Buttons
How
Knowledge
About If
Then**

Download Free
What Pushes Your
Buttons How
Knowledge About
If Then

*Push that button
and what happens?
Bam! Click! Pop!
Wham! Turn the
pages of this book
and what happens?
All of that (thanks
to the Push-Button
boy) and a whole lot
more!*

*In this
groundbreaking*

Download Free
What Pushes Your
Buttons How
*bestseller, Lundy
Bancroft—a
counselor who
specializes in
working with
abusive men—uses
his knowledge about
how abusers think
to help women
recognize when they
are being controlled
or devalued, and to*

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What Pushes Your
Buttons How

*find ways to get free
of an abusive*

relationship. He

says he loves you.

So...why does he do

that? You've asked

yourself this

question again and

again. Now you

have the chance to

see inside the minds

of angry and

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What Pushes Your
Buttons How

*controlling
men—and change
your life. In Why
Does He Do That?*

*you will learn
about: • The early
warning signs of
abuse • The nature
of abusive thinking
• Myths about
abusers • Ten
abusive personality*

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What Pushes Your
Buttons How
Knowledge About
If Then

*types • The role of
drugs and alcohol •*

*What you can fix,
and what you can't*

*• And how to get
out of an abusive
relationship safely*

*“This is without a
doubt the most
informative and
useful book yet
written on the*

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What Pushes Your
Buttons How

*subject of abusive
men. Women who
are armed with the
insights found in
these pages will be
on the road to
recovering control
of their lives.”—Jay*

*G. Silverman,
Ph.D., Director,
Violence Prevention
Programs, Harvard*

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What Pushes Your
Buttons How
Knowledge About
If Then

*School of Public
Health
How To Push Your
Partners Buttons,
How To Have A
Crazy Sex Life And
How To Be Good At
Sex Every Time
You're about to
discover how to
improve your
relationship by*

Download Free
What Pushes Your
Buttons How
*having mind
blowing sex with
your partner. After*

*a while, in
relationships, things
can get stale if you
don't keep your sex
life exciting.*

*Millions of couples
around the world
suffer in silence as
their dwindling sex*

Download Free
What Pushes Your
Buttons How
*life goes out the
door. How To Be
Good At Sex is full
of techniques sexed
up couples use to
improve their sexual
relationships with
each other. Having
a better sex life can
improve all areas of
your life so finding
out how to improve*

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What Pushes Your
Buttons How

*your own sex life
should be on top of
all couples lists. The
trick to having mind
blowing sex is to
learn how to
understand your
partner, what
excites them and
what to avoid...
Life is hard when
you're not yourself.*

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What Pushes Your
Buttons How
Knowledge About
If Then

*Why do we
sometimes feel more
connected in our
relationships than at
other times?*

*Perhaps you
sometimes find it
easy and exciting to
spend time with
your loved ones—but
sometimes,
especially when*

Download Free
What Pushes Your
Buttons How
*things don't
according to plan,
you feel incapable
of connecting in
conversations. You
then feel distant
from those you love
most. What if the
answer to remaining
connected in
relationships has
been right under*

Download Free
What Pushes Your
Buttons How
*your nose—or,
rather, right inside
your head all
along? Discover the
simple switch in
your brain that
activates—or
deactivates—what
you most need for
relational
connectivity: joy. In
The Joy Switch,*

Download Free
What Pushes Your
Buttons How
*learn how the
simple flip of this
brain switch either
enables you to
remain present for
those around you or
causes you to
become
overwhelmed—and
ultimately inhibited
from being your
best self—when*

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What Pushes Your
Buttons How
problems arise.

*You'll learn how to
maximize your
relational brain,
how to recognize
when your brain's
joy switch is flipped,
and how to take
steps to restore your
relational sweet-
spot. This book will
help you love others*

Download Free
What Pushes Your
Buttons How
*and remain fully
connected with
yourself while being
the best version of
who you were made
to be.*

*The Button Therapy
Book*

*Raising Emotionally
Resilient Daughters
in the Digital Age
Seven*

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Buttons How

*Conversations for a
Lifetime of Love
Push Button*

*How to Work on
Your Buttons and
the Button-Pushers
in Your Life*

*Hot Button
Marketing: Push
the Emotional
Buttons That Get
People to Buy.*

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What Pushes Your
Buttons How
*Change Your Life
Forever: Easyread
Large Bold Edition*

**INSTANT NEW
YORK TIMES
BESTSELLER** An
*incredible,
revolutionary true
story and
surprisingly
simple guide to
teaching your dog*

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What Pushes Your
Buttons How

*to talk from
speech-language
pathologist*

*Christina Hunger,
who has taught
her dog, Stella, to
communicate
using simple paw-
sized buttons
associated with
different words.
When speech-
language*

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Buttons How

***pathologist
Christina Hunger
first came home
with her puppy,
Stella, it didn't
take long for her to
start drawing
connections
between her job
and her new pet.
During the day,
she worked with
toddlers with***

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Buttons How
Knowledge About
If Then
**significant delays
in language
development and
used**

**Augmentative and
Alternative
Communication
(AAC) devices to
help them
communicate. At
night, she
wondered: If dogs
can understand**

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Buttons How

words we say to them, shouldn't they be able to say words to us? Can dogs use AAC to communicate with humans? Christina decided to put her theory to the test with Stella and started using a paw-sized button programmed with

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Buttons How

***her voice to say
the word “outside”
when clicked,
whenever she took
Stella out of the
house. A few years
later, Stella now
has a bank of more
than thirty word
buttons, and uses
them daily either
individually or
together to create***

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What Pushes Your
Buttons How

***near-complete
sentences. How
Stella Learned to
Talk is part
memoir and part
how-to guide. It
chronicles the
journey Christina
and Stella have
taken together,
from the day they
met, to the day
Stella “spoke” her***

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Buttons How

***first word, and the
other
breakthroughs
they've had since.
It also reveals the
techniques
Christina used to
teach Stella,
broken down into
simple stages and
actionable steps
any dog owner can
use to start***

Download Free
What Pushes Your
Buttons How
**communicating
with their pets.**

**Filled with
conversations that
Stella and
Christina have
had, as well as the
attention to
developmental
detail that only a
speech-language
pathologist could
know, How Stella**

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What Pushes Your
Buttons How

***Learned to Talk
will be the
indispensable dog
book for the new
decade.***

***Hide Your Goat is
for every person
who has ever said,
“Why me?” It is for
every person who
feels like
everywhere you
turn, you meet***

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What Pushes Your
Buttons How

***problems,
obstacles,
difficulties – large
ones, small ones,
all sizes. Filled
with thought-
provoking
questions, ideas
and solutions, this
book will help you
stay positive while
dealing with life's
disappointments***

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What Pushes Your
Buttons How
*and the negativity
that encompasses
our society.*

*Whereas, you can't
change the people
and circumstances
that try to get your
goat, Hide Your
Goat will help you
stay positive when
negativity
surrounds you.*

The book focuses

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Buttons How

*on six core
principles. • The
Courage to
Recognize Who
You Are • The
Strength to Accept
Where You Have
Been * The
Wisdom to Discern
Where You Are
Heading * The
Knowledge to
Acquire What it*

Download Free
What Pushes Your
Buttons How

***Takes To Get
There * The
Awareness to
Exclude Who Is
Stopping You *
The Power to
Change What
Holds You Back
Hide Your Goat
makes you aware
of how your daily
life intersects with
a diverse group of***

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What Pushes Your
Buttons, How
Knowledge About
If Then

***people from
different
backgrounds,
opinions and
personalities. This
book will make
you think about
yourself and dive
deep below the
surface to uncover
feelings, thoughts
and emotions that
expose your goat.***

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Buttons How

**Regardless of its
origin, the
expression “gets
my goat” is
something that
resonates with all
of us. The fast-
paced and stress-
filled schedules we
maintain “open the
gate” to allow
people and
circumstances to**

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What Pushes Your
Buttons How

***“get our goat.” It's
time to discover,
herd, teach, feed,
gate, exercise and
in the end, Hide
Your Goat!***

***See those big
buttons popping
up all over Gabe's
body? They come
out whenever
someone or
something gets***

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What Pushes Your
Buttons, How

***under his skin.
Can he find the
pause button to
reset his mindset
before he
completely loses
control and lands
in trouble? Use
this book to teach
kids strategies for
staying calm when
they are angry or
frustrated.***

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What Pushes Your
Buttons How

***The Button
Therapy Book is a
practical cognitive
counseling manual
for mental health
professionals and
a psychological
self-help book
designed to: Help
you identify,
modify, and
eliminate your
Buttons that***

Download Free
What Pushes Your
Buttons How

***trigger stress and
distress in your
life. Help you
identify potentially
troublesome
cognitions related
to your thinking
styles such as
"black and white
thinking"; should
messages such as
"I should do
everything***

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Buttons How

perfectly"; self-defeating core beliefs such as "I am a victim of life's circumstances"; and defense mechanisms such as denial and rationalization. Includes the Cognitive Self-Assessment

Download Free
What Pushes Your
Buttons How
Inventory (CSAI) to
Knowledge About
If They
help you identify
your troublesome
cognitions and
Buttons. Includes
the Motivational
States Inventory
(MSI) to help you
determine which of
the six
motivational states
is associated with
your Buttons that

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What Pushes Your
Buttons How
get pushed. Help
you determine
which of the "six
centers of
consciousness"
you are spending
the most time in
with the Centers of
Consciousness
Rating Scale
(CCRS) in the
Motivational States
Inventory. Teach

Download Free
What Pushes Your
Buttons How
***you a portable Six-
Step Button***

***Therapy Method to
utilize anytime and
anywhere you
have a Button
pushed which
causes emotional
distress. Help you
become more
conscious, aware,
loving, and
compassionate.***

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What Pushes Your
Buttons How
**Improve your
interpersonal
relationships.**

**Facilitate your
journey of
personal and
spiritual growth.
Early Acclaim for
The Button
Therapy Book
Improve Your
Quality of Life and
Parenting Skills**

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Buttons How

***The Button
Therapy Book has
made an incredible
difference in my
attitude and my
life. I am able to
relax more and
don't get as
uptight or angry as
I used to. I have
always been a
person who had
my "Buttons***

Download Free
What Pushes Your
Buttons, How
*pushed" fairly
easily and now I
understand how to
identify my
Buttons, address
them in a calm and
loving way and
most importantly,
get rid of them. I've
also been able to
take the
information given
in the book and*

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What Pushes Your
Buttons How

***pass it on to my
children to help
them overcome
their "Buttons." Dr.
Goodwin gives the
reader all the tools
they need to live
happier, healthier
lives, starting
immediately! I
highly recommend
this book, it is a
must for any***

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What Pushes Your
Buttons How

***person who is
interested in***

***improving his or
her quality of life
and getting rid of
those buttons!***

***Jodie Wilkerson
from Greenville,
NC Get Ready to
Unbutton and Be
Free! Button***

***Therapy, a 'MUST
HAVE' for any***

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Buttons How

*mental health
professional
and/or the lay
person. I have
found many
insights in this
book and I have
recommended it to
just about
everyone I know. I
think that Dr.
Goodwin has hit
the 'button on the*

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What Pushes Your
Buttons How

***head', and has
loosened it's
thread with his
insightful, caring
explanation of our
'Buttons' and how
to deal with them. I
find myself
referring to it
regularly in my
business. Thanks
Lloyd, I am
happier, my clients***

Download Free
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Buttons How
*are happier and we
all understand
others and*

*ourselves better
now that we have
read your book.*

*We will all be
looking forward to
your next work!*

*Suzanne Osborne,
Ph.D., Clinical
Psychologist,
Forensic*

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Buttons How

***Psychologist,
Criminal Profiler,
Counselor from
North Myrtle
Beach, SC A Model
for Personal and
Spiritual Growth
The Button
Therapy Book is a
creative synthesis
of Eastern and
Western models
for personal and***

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What Pushes Your
Buttons How

spiritual growth.

An incredible

compilation and

synthesis of

***psychological self-
help techniques.***

You would have to

read 10 books to

get the information

and number of self-

help techniques

presented in this

book. I've

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Buttons How
personally
benefited from
applying this
practical six-step
self-help model to
some of my
Buttons. The
chapter titled "30
Seeds for Your
Mind's Garden" is
worth the price of
this book alone.
The "30 Seeds" are

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Buttons How

***guidelines that
have been helpful***

***in my journey of
personal and
spiritual growth.***

***Planting these "life-
enhancing seeds"
into the gardens of
our minds enables
us to become
more consciou***

Hot Buttons

The Silver Button

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Buttons How

***Simple and
Powerful Solutions
for Raising***

***Creative, Engaged,
Happy Kids in
Today's Hectic
World***

***And What You Can
Do About It
From Charm to
Harm***

***What to Do When
People Try to Push***

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Buttons How
Your Buttons
The Joy Switch

How do you know if you're doing this parenting thing right? In this book, you will learn how to communicate with your child, in a way you both feel understood

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and manage
Knowledge About
If Then
behaviors so that
both of you feel
respected. Create
your Unique
Parenting Manual
so that you and
your child can
grow together.
Every teenager
rebels against
authority at some

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Buttons How

point--talks back,
Knowledge About
If Then
breaks curfew, or
disobeys. But
literally millions
of teens take
their rebellion to
a point where it
disrupts their
families and
endangers their
own futures or
even their lives. If

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one of these
Knowledge About
If Then
teens is yours,
you've probably
lived through
years of
conflicting advice
and pat solutions
that don't last.

Finally, this
breakthrough
guide from a
master therapist

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What Pushes Your
Buttons How

will show you the
Knowledge About
If Then
seven steps to
positive,

permanent
change for you
and your
teenager: 1.

Learn the real
reasons for teen
misbehavior. 2.

Make an ironclad
contract to stop

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that behavior. 3.

Troubleshoot

future problems.

4. End button-

pushing. 5. Stop

the "seven aces"

-- from disrespect

to threats of

violence. 6.

Mobilize outside

help. 7. Reclaim

lost love within

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Buttons How

the family. Clear,
Knowledge About
If Then
compassionate,
and packed with
real-life solutions
to real-life
problems,
Parenting Your
Out-of-Control
Teenager gives
parents the tools
they need to turn
their families'

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lives around for
good.

Presents proven
strategies for not
reacting to
antagonists,
revealing a third
path between
"getting mad"
and "getting
even," and offers
advice on how to

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stop worrying
Knowledge About
about what
If Then

people think,
avoiding difficult
situations and
responsibilities,
trying to please
everyone, and
more. Reprint.

Funny How Life
Works is a behind
d-the-scenes look

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What Pushes Your
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at the life and
Knowledge About
career of
If Then
comedian

Michael Jr.

Infused with the
same laugh-out-
loud humor and
practical wisdom
that define his
stand-up acts,
Michael shares a
collection of

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stories meant to
inspire readers to
embrace their
purpose--their
"punchline."

Power Button

Confident

Parents,

Remarkable Kids

Healing Your

Heart and

Rediscovering

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If Then
Relationships
and Emotional
Abuse
Hold Me Tight
100 Ways to
Motivate Yourself
The
Groundbreaking
Story of the
World's First

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Talking Dog
Handling the
Knowledge About
If Then
Difficult People in
Your Life

Presents a step-by-step guide for increasing emotional intelligence through four core principles: self-awareness, self-management,

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Buttons How
social awareness,
and relationship
management.

*Turn the Tide: Rise
above toxic,
difficult situations
in the
workplace* Over the
past 25 years,
Kathy Obear has
helped thousands
of people in
workshops and
coaching sessions

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Buttons How

*learn to effectively
navigate difficult
workplace*

*situations. Now,
she shares the
tools and skills of
her 7-Step process,
The Triggering
Event Cycle, so you
can take back
control of your
emotions and
successfully rise
above toxic work*

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environments. In the spirit of Brené Brown and Martha Beck, Kathy uses stories and realistic examples to make these concepts accessible and easy to apply in your life. Her book is full of tools and exercises designed to help you rise above workplace

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*drama and create
greater teamwork,
productivity, and
innovation in your
organization.*

*Discover practical
tools to:*
**De-escalate*

*unproductive
workplace conflict*

**Interrupt
automatic fight or
flight reactions*

**Identify what is*

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Buttons How

*fueling ineffective
reactions*Take*

*back control of
your emotions*

**Rebuild working re
lationships*Minimiz*

*e feeling triggered
in the future *Turn*

the tide of

workplace drama

with greater ease

and confidenceJoin

Kathy on this

transformational

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What Pushes Your
Buttons How
journey and make
this invaluable
investment in
yourself!

*If you're a parent,
you know the
feeling. In one
moment, with one
sentence, a certain
look, or a defiant
act, your kid
pushes your
buttons-and you
react in a way that*

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Buttons, How
*you will later
regret. In this*

*beautiful, wise, and
deeply insightful
book, family
counselor Bonnie
Harris shows you
how to defuse
parenting "road
rage"-and end the
action-and-reaction
cycle between you
and your child once
and for all.*

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*Originally
published: Avon,
Mass.: Adams
Media, 2008.*

*And Everything
Else in Between
with a Narcissist
How to Stop the
Fighting and Raise
Friends for Life
8 Principles for
Raising Kids You'll
Love to Live with
And what you can*

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What Pushes Your
Buttons, How
do about it
Why We Get Mad
Don't Push the
Button!
Silence Satan
When Your Kids
Push Your
Buttons And What
You Can Do About
It Grand Central
Publishing
You try to
understand how
another human

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being could
psychologically
terrorize you in the
manner that the
Narcissist you
were with did to
you. You loved this
person and they
SAID they loved
you back. They
participated in the
relationship and it
seemed like
'normal'

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Buttons How

reciprocation as far as them loving you back. BUT today you are looking at this relationship and wondering HOW did this turn around in such a hideous manner that you feel so lost, so confused, so broken, and disabled. What did

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Buttons How

you do wrong, why
did this person

that you loved
unconditionally

now seems to hate
you and blame you

and WHAT IS THE
REASON? They

have probably
moved on very

quickly and are

with someone new
and they are

saying that they

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Buttons How

are in love and it is amazing. They are also saying that they basically had to run from YOU because you were impossible to deal with, or perhaps you have mental health issues, OR you abused them. You feel frozen in time, very vulnerable, and in

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Buttons How

shock or better yet
traumatized from
this and you want
to dig through all
of the layers and
understand this so
you can move on,
BUT YOU JUST
CAN'T SEEM TO
DO SO. Family and
friends are there to
support you but
more than likely it
is to give you a

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Buttons How

small pat on the
back and say time
will heal your
wounds, or you
HAVE to move on,
OR how could you
stay in this
relationship for as
long as you have if
it was this bad.

When you try to
tell your story it is
so incredulous that
most people seem

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to be in shock over the allegations that you are proposing about the relationship. In turn you only feel like you are the problem and you blame yourself even more and MAYBE you start to believe that you were the problem just like that

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What Pushes Your
Buttons How
Narcissist said.

You feel like your
spirit is gone and
your whole belief
system has been
thrown out the
door about life.

Where do you
start, how do you
turn off the many
negative
messages? How do
you reclaim your
spirit and join life

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Buttons, How
Knowledge About

again? Who do you go to for the help that you need and WHY is this taking so long to get over? Every day is a struggle and you want this to stop NOW and you want to move on. You have heard 'things' your Narcissist has said about you to the very people

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What Pushes Your
Buttons How
you love in your
life and now they
may be challenging
you or questioning
this from the
Narcissist's point
of view. You are
defending yourself
when you shouldn't
have to. Again you
are feeling you are
the problem here
and all of this has
become

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What Pushes Your
Buttons How
insurmountable.

Well I totally
believe you, I
totally understand
what you are going
through and I am
going to explain
this abuse in a
manner to educate
you, as well as help
you embrace this
in a manner to
achieve closure on
your own. I am

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going to try to
explain as much of
this as I possibly
can to help you get
through this and
achieve that "Ah
Ha' moment where
you do 'GET THIS'.
I am going to do
this in a manner
that goes beyond
the clinical
definitions and put
it out there in a

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raw manner with real definitions and explanations from the perspective of a person that has gone through this and returned back to a normal lifestyle. With each and every separate topic I am going to keep bringing you back to some of the same specific

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points I may have
already covered in
a manner that not
only defines a
specific situation
but constantly
reconnects it to the
bigger picture! I
will repeat and
connect thoughts
in each chapter
because there is no
real 'rhyme or
reason' to this

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What Pushes Your
Buttons How
abuse, only the
Knowledge About
truth and facts that
every target/victim
of this abuse
experiences the
SAME thing. That
is what I am trying
to connect you to!
Each chapter is its
own separate story
so you can read a
chapter at a time,
return and connect
to a new definition

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that brings you
back to a little
more of the truth
and understanding
the total picture
step by step.

Practical advice for
raising authentic,
self-reliant teenage
girls in the age of
the Internet from
the experienced
clinical
psychologist Dr.

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Roni Cohen-

Sandler It may feel

as though your

preteen or teenage

daughter is

growing up in a

different universe

than you did.

Between

smartphones,

social media, and

cyberbullying, the

world is changing.

Technology is

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transforming how girls identify themselves, learn, develop social skills, and communicate with the people around them. Many mothers feel as though they are venturing into alien territory, with no idea how to navigate these

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unprecedented
Knowledge About
If Then
situations. But the
good news is that
regardless of your
technological skill,
you are still the
best person to
guide your
daughter through
all the chaos of
adolescence. In
Anything But My
Phone, Mom! Dr.
Roni Cohen-

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Buttons How

Sandler shows mothers how to handle the modern challenges of parenting teenage girls, drawing upon dozens of interviews with teenagers and their mothers, decades of clinical experience, and her own experience raising

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a daughter. With
clear, practical
advice, she

provides insights
and strategies for
how you can better
understand your
daughter and what
she's going
through, maintain
a close and loving
relationship with
her, keep her safe,
and help her

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Buttons How
Knowledge About
If This
become a resilient,
capable, confident,
and healthy young
woman.

Consumers buy
products for two
reasons: the
rational reason and
the real reason.

While your
customers may say
they want your
products because
of its features and

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Buttons How
benefits, their
Knowledge About
decision to buy is
If Their
based on emotions,
not intellect. This
newly revised
edition of the best
selling Hot Button
Marketing shows
you how to identify
and push the hot
buttons that will
prompt consumers
to purchase your
product over a

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Buttons. How

competitor's even
if it's a parity
product. Filled
with tips and
insights that can
be applied at every
stage of marketing
from product
development to
one-to-one selling,
this newly revised
edition shows you
how to hit the
sixteen hot buttons

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Buttons How

and get your
product sold. It is

the forerunner of
one of the hottest
trends in

marketing today
--Neuromarketing.

Neuromarketing
helps marketers
discover "buy
buttons" that are
hard wired into a
persons head.

Hide Your Goat

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What Pushes Your
Buttons How
How to Be Good at
Sex Knowledge About
Growing Yourself
Back Up
Sketchy Muma

Why Does He Do
That?

Turn the Tide

There's only one rule
in Larry's book:
don't push the
button. (Seriously,

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don't even think about it!) Even if it does look kind of nice, you must never push the button.

Who knows what would happen?

Okay, quick. No one is looking... push the button. Uh, oh.

Popular parenting expert Dr. Laura Markham, author of

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Buttons, How

PEACEFUL
PARENTS, HAPPY
SIBLINGS, has

garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. As any parent of more than one

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child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham

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Buttons How

presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs.

PEACEFUL
PARENT, HAPPY

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SIBLINGS includes hands-on, research-based advice on:

- Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more.
- Fostering a loving family culture that

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encourages laughter
and minimizes

fighting • Teaching
your children

healthy emotional
self-management and
conflict resolution

skills—so that they
can work things out
with each other, get
their own needs met
and respect the needs
of others • Helping

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your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

From a leading voice on recovering from toxic relationships, a

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deeply insightful
guide to getting back
to your "old self"
again--in order to
truly heal and move
on. Jackson
MacKenzie has
helped millions of
people in their
struggle to
understand the
experience of toxic
relationships. His

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first book,
Psychopath Free,
explained how to
identify and survive
the immediate
situation. In this
highly anticipated
new book, he guides
readers on what to
do next--how to fully
heal from abuse in
order to find love
and acceptance for

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the self and others.

Knowledge About If Then

Through his close
work with--and deep

connection

to--thousands of
survivors of abusive
relationships

Jackson discovered
that most survivors
have symptoms of
trauma long after the
relationship is over.

These range from

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feelings of numbness and emptiness to depression, perfectionism, substance abuse, and many more. But he's also found that it is possible to work through these symptoms and find love on the other side, and this book shows how. Through

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a practice of mindfulness, introspection, and exercises using specific tools, readers learn to identify the protective self they've developed - and uncover the core self, so that they can finally move on to live a full and authentic life--to

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once again feel light,
free, and whole, and
ready to love again.

This book addresses
and provides crucial
guidance on topics
and conditions like:
complex PTSD,
Narcissistic abuse,
Avoidant Personality
Disorder,
Codependency, Core
wounding, toxic

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shame, Borderline
Knowledge About
If Then
Personality Disorder,
and so many more.

Whole Again offers
hope and multiple
strategies to anyone
who has survived a
toxic relationship, as
well as anyone
suffering the effects
of a breakup
involving lying,
cheating and other

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forms of abuse--to
release old wounds
and safely let the
love back inside
where it belongs.
Heralded by the New
York Times and
Time as the couples
therapy with the
highest rate of
success, Emotionally
Focused Therapy
works because it

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views the love relationship as an attachment bond.

This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world. In *Hold Me Tight*, Dr. Sue Johnson presents Emotionally

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Focused Therapy to
Knowledge About
If Then
the general public
for the first time.

Johnson teaches that
the way to save and
enrich a relationship
is to reestablish safe
emotional connection
and preserve the
attachment bond.

With this in mind,
she focuses on key
moments in a

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Buttons How
relationship -- from
"Recognizing the
Demon Dialogue" to
"Revisiting a Rocky
Moment" -- and uses
them as touch points
for seven healing
conversations.

Through case studies
from her practice,
illuminating advice,
and practical
exercises, couples

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will learn how to
nurture their
relationships and
ensure a lifetime of
love.

Emotional

Intelligence 2.0

How to Use Your
Anger for Positive
Change

How to Keep People
from Pushing Your
Buttons

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Buttons How

Understanding
Knowledge About
If Then
Regression

Peaceful Parent,
Happy Siblings
How to Stop Yelling
and Start
Connecting
Handling Difficult
People

**From road rage
to**

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If Then

**confrontations
in the
supermarket
line, we live in
sensitive times,
and it takes
almost nothing
to light
someone's fuse.
Whether you're
feeling
manipulated or**

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**bullied, learn
how to resolve
conflict in
yourself and
with others
using the
techniques
found in Hot
Buttons. Sybil
Evans, "The
Conflict Coach,"
helps you**

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Buttons. How
**recognize what
pushes your hot
buttons and how
you can turn
them off --
without
alienating
people or
pressing their
buttons. You'll
learn that
conflict can be**

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energizing,
Knowledge About
inspiring, and
If Then
even sexy, if you
know how to
harness it.

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groundbreaking
guide to raising
responsible,
capable, happy
kids Based on
the latest

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brain
development
and extensive
clinical
experience with
parents, Dr.
Laura
Markham's
approach is as
simple as it is
effective. Her**

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**message:
Fostering
emotional**

**connection with
your child
creates real and
lasting change.
When you have
that vital
connection, you
don't need to
threaten, nag,**

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**plead, bribe—or
even punish.**

**This remarkable
guide will help
parents better
understand
their own
emotions—and
get them in
check—so they
can parent with
healthy limits,**

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clear
communication
to raise a self-
disciplined
child. Step-by-
step examples
give solutions
and kid-tested
phrasing for
parents of
toddlers right**

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**through the
elementary
years. If you're
tired of power
struggles,
tantrums, and
searching for
the right
"consequence,"
look no further.
You're about to
discover the**

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It Then

**practical tools
you need to
transform your
parenting in a
positive, proven
way.**

**This is THE
book on anger,
the first book to
explain exactly
why we get mad,
what anger**

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What Pushes Your
Buttons How
**really is - and
how to cope
with and use it.**

**Often confused
with hostility
and violence,
anger is
fundamentally
different from
these aggressive
behaviours and
in fact can be a**

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Buttons How
**healthy and
powerful force
in our lives.**

**What is anger?
Who is allowed
to be angry?
How can we
manage our
anger? How can
we use it? It
might seem like
a day doesn't go**

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Buttons How
Knowledge About
If Then

**by without some
troubling
explosion of
anger, whether
we're shouting
at the kids, or
the TV, or the
driver ahead
who's slowing us
down. In this
book, the first of
its kind, Dr.**

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**Ryan Martin
draws on 20
years plus of
research, as well
as his own
childhood
experience of an
angry parent, to
take an all-
round view on
this often-
challenging**

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emotion. It explains exactly what anger is, why we get angry, how our anger hurts us as well as those around us, and how we can manage our anger and even channel it into

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positive change.

It also explores

how race and

gender shape

society's

perceptions of

who is allowed

to get angry. Dr.

Martin offers

questionnaires,

emotion logs,

control

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techniques and
Knowledge About
many other
If Then
tools to help
readers
understand
better what
pushes their
buttons and
what to do with
angry feelings
when they arise.
It shows how to

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Buttons How
differentiate
Knowledge About
It Then

**good anger from
bad anger, and
reframe anger
from being a
necessarily
problematic
experience in
our lives to
being a fuel that
energizes us to
solve problems,**

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Buttons How
**release our
creativity and
confront
injustice.**

**Button-pushers
come in all
shapes and
sizes, but they
have one thing
in common:
Their behavior
drives us crazy**

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Buttons How

**and makes us
dream of ways
to escape the
mess we're in.**

**The person who
pushes your
buttons is likely
someone who
matters to you -
a spouse, a
parent, a boss, a
fellow church**

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Buttons How
Knowledge About
If Then

**member. Almost
always this
difficult person
is connected to
you by blood,
love, faith, or
money, so you
can't just end
the relationship
without causing
pain and
upheaval in your**

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Buttons How
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If Then

**life. Our friends
and today's
culture will
often advise us
to abandon such
relationships
quickly - to end
this unpleasant
chapter and get
on with our
lives.**

Psychologist

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Buttons How

**and author Dr.
John Townsend
disagrees, "Your
button-pusher is
not someone
you would easily
and casually
leave. You are
intertwined at
many levels. It
is worth the
trouble to take a**

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Buttons How
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If Then

**look at the ways
the relationship
you had, and
want, can be
revived and
reborn." In this
easy-to-read
book he offers
Expert insights
to help you
understand your
own button-**

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Buttons How
pusher Wise
Knowledge About
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determining the
nature of the
problem
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help in
identifying your
failed attempts
to fix things A
hope-filled
vision for what

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necessary
changes**

**Pause Power:
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buttons get**

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to Reset
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Way We Live,
Love, Parent,
and Lead

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**Who's Pushing
Your Buttons?
When Your Kids**

**Push Your
Buttons**

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**Learn to stop letting
people and situations
upset you and start
enjoying life in this
classic self-help book**

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**by a respected
pioneer of
psychotherapy. Life
can get tough. From
unemployment—or
overwork—to
divorce or
remarriage, the
challenges of newly
blended families, not
to mention everyday
hassles, stress can
feel non-stop. To top**

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**it off, technology
confronts us with a
barrage of seemingly
urgent tasks 24/7.**

**It's no wonder things
and people can make
you lose your cool. In
this landmark book
you'll find a very
specific, powerful
skill set designed to
help you keep any
scenario from**

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works. Rational-
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Therapy (REBT),
created by world-
renowned therapist
Dr. Albert Ellis,
provides you with
realistic, simple,
proven techniques
that will significantly
reduce your stress

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levels and help you
react effectively,
whether the
circumstances are
professional or
personal. Discover: •
Ten beliefs we use to
let people and
situations needlessly
push our buttons • A
powerful alternative
to the kind of
thinking that upsets

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us • The Fatal

Foursome—feelings
that sabotage you •

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irrational thinking
using four key steps

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dealing with

colleagues, parents,
kids, friends, or

lovers, How to Keep
People From

Pushing Your

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Buttons will show you how to enjoy an active, vibrant, successful life. “No individual—not even Freud himself—has had a greater impact on modern psychotherapy.”

**—Psychology Today
Praise for How to
Keep People From
Pushing Your**

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Buttons “Don’t get mad or get even—get placid using these techniques for defusing difficult situations.”

—Booklist

Someone pushes your buttons. You feel rage, fear, sweaty palms, unbidden tears—you feel like a kid. We've

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**all experienced
moments when we
lose control of a**

**situation and
ourselves. Now, in
Growing Yourself
Back Up, the first
book to explain the
idea of emotional
regression to the
general reader,
bestselling author
John Lee identifies**

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**the circumstances
that cause these
seemingly
uncontrollable
feelings and shows
how they are directly
tied to our
experience as
children. No adult,
explains Lee, need
ever experience the
helpless feelings of
childhood again.**

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Buttons How

**Here are his proven
methods and
visualization
exercises, developed
in his popular
workshops, for
recognizing,
preventing, and
diffusing regression
in ourselves and
others. He teaches,
for example, that
adults cannot be**

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**abandoned, they can
only be left; if we're
feeling abandoned
we're regressing. He
also reminds us that
no matter how
overwhelmed we are,
adults always have
options; if we believe
we don't, we're in a
regression. Growing
Yourself Back Up
will show you how**

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**to: * develop strong
emotional
boundaries and
convey them to
others * learn the
Detour Method that
reverses regression *
confront without
regressing *
communicate with
the authority figures
who push your
buttons * minimize**

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**regression at family
functions Lee offers
hope—as well as
practical strategies
that work—for
conquering those
childlike feelings of
powerlessness that
are almost always
rooted in regression.**

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TIMES
BESTSELLER •**

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When we deny our stories, they define us. When we own our stories, we get to write the ending.

Don't miss the five-part HBO Max docuseries *Brené Brown: Atlas of the Heart!* Social scientist Brené Brown has ignited a global conversation

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**on courage,
vulnerability, shame,
and worthiness. Her**

**pioneering work
uncovered a**

profound truth:

**Vulnerability—the
willingness to show
up and be seen with
no guarantee of
outcome—is the only
path to more love,
belonging, creativity,**

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Buttons How

**and joy. But living a
brave life is not
always easy: We are,
inevitably, going to
stumble and fall. It is
the rise from falling
that Brown takes as
her subject in *Rising
Strong*. As a
grounded theory
researcher, Brown
has listened as a
range of**

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**people—from
leaders in Fortune
500 companies and
the military to
artists, couples in
long-term
relationships,
teachers, and
parents—shared
their stories of being
brave, falling, and
getting back up. She
asked herself, What**

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Buttons How

**do these people with
strong and loving
relationships, leaders
nurturing creativity,
artists pushing
innovation, and
clergy walking with
people through faith
and mystery have in
common? The
answer was clear:
They recognize the
power of emotion**

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Buttons, How
and they're not
Knowledge About
afraid to lean in to
If Then

**discomfort. Walking
into our stories of
hurt can feel
dangerous. But the
process of regaining
our footing in the
midst of struggle is
where our courage is
tested and our values
are forged. Our
stories of struggle**

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Buttons How

**can be big ones, like
the loss of a job or
the end of a
relationship, or
smaller ones, like a
conflict with a friend
or colleague.**

**Regardless of
magnitude or
circumstance, the
rising strong process
is the same: We
reckon with our**

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Buttons How
emotions and get
curious about what
we're feeling; we

rumble with our
stories until we get to
a place of truth; and
we live this process,
every day, until it
becomes a practice
and creates nothing
short of a revolution
in our lives. Rising
strong after a fall is

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Buttons How
Knowledge About
If Then

**how we cultivate
wholeheartedness.**

**It's the process,
Brown writes, that
teaches us the most
about who we are.**

**ONE OF GREATER
GOOD'S**

**FAVORITE BOOKS
OF THE YEAR**

**“[Brené Brown's]
research and work
have given us a new**

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If Then

**vocabulary, a way to
talk with each other
about the ideas and
feelings and fears
we've all had but
haven't quite known
how to articulate. . . .**

**Brené empowers us
each to be a little
more**

**courageous.”—The
Huffington Post**

As a parent, there

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are certain things
that are guaranteed
to push your buttons.

You behave in ways
you later regret, and
your child learns to
manipulate you.

Rather than focusing
on how you can
change your child's
behaviour, this
deeply insightful and
wonderfully wise

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Buttons How

**book focuses on you,
the parent. When**

Your Kids Push

Your Buttons shows

that it is your own

attitudes and

perceptions rather

than your child's

behaviour that spark

your anger - and

these are often based

on your own

relationship with

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your parents.

Discover how to:

**End the cycle of
action and reaction
between you and
your child. See the
hidden messages of
both children and
parents' anger.**

**Understand why
your own hidden
agendas and
standards as parents**

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What Pushes Your
Buttons How
**might push your
child to act out.**
Knowledge About
If Then

**Address behaviour
problems, not with
anger, but with new
solutions. Break free
of the past and
connect with your
children. Filled with
anecdotes from real
parents and based on
hundreds of real-life
situations, this book**

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Buttons How
is destined to become
a parenting classic.

How to Push Your
Partners Buttons,
How to Have a Crazy
Sex Life and How to
Be Good at Sex
Every Time!

How Stella Learned
to Talk

7 Steps to
Reestablish
Authority and

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Buttons How

**Reclaim Love
Anything But My
Phone, Mom!**

**Funny How Life
Works**

**Whole Again
Strategies to Stay
Positive When
Negativity**

Surrounds You
*Aspire higher to truly
love yourself, lead
your very best and*

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highest life, and spread that love to the world around you! The COVID-19 pandemic has wrought global devastation.

Unbridled violence, vitriol, racism, distrust, and anger are pervasive. The world is in serious need of love, repair,

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If Then

*and healing. And so
are all of us as
individuals. There
has never been a
better time than right
now to seize the life
you truly crave, be
your greatest self,
and share that
positivity with others
in order to make the
world a more loving
and positive place.*

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*Most of us want love and peace in our hearts and in the world, but in **Aspire Higher**, Ken Lindner, author, renowned celebrity career coach, and founder of **Positive Life Choice Psychology™**, shows you how to actually achieve that*

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*goal through clear,
actionable steps and
strategies. Aspire
Higher will teach you
how to develop true,
empowering inner
love and organically
share it with others;
raise your feelings of
self-esteem and self-
worth; embrace
positive emotions;
help create a far*

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*more respectful,
civil, and empathetic
country and world.*

*Now is the perfect
time to reboot your
mindset, your life,
and in the process,
substantially
improve the lives of
others . . . and the
world.*

*'Anna's sketches
never fail to put a*

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Buttons How
*smile on my face
and make my heart
a little warmer.'*

GIOVANNA

FLETCHER *This
gorgeous little book
charts the various
bewildering stages
of becoming a
mother, from those
tell-tale blue lines in
the pregnancy test,
to labor, birth,*

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*coming home and
venturing out.*

*Breastfeeding
nightmares, eating
dinner with one
hand, soft play hell
and chronic sleep
deprivation - but
also the sheer
beauty of falling in
love again and the
amazing discovery
of what it's like to*

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*have a family - these
are all captured in*

*Sketchy Muma's
glorious drawings.*

*This is the perfect
gift book for both
young and*

experienced

*parents. Anna Lewis
understands the light
and shade that*

comes with

motherhood, and it

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is those universal truths that will connect all those parents who delight in her sketches.

An expert in child, family and school psychology and the founder of Mindful Life presents a revolutionary approach to parenting that,

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*rooted in the science
of the brain and
integrating cognitive
neuroscience and
child development,
helps children feel
happier, healthier,
less anxious and
less stressed.*

Original.

*Push a button and
turn on the
television; tap a*

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*button and get a
ride; click a button
and “like”*

*something. The
touch of a finger can
set an appliance, a
car, or a system in
motion, even if the
user doesn't
understand the
underlying
mechanisms or
algorithms. How did*

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buttons become so ubiquitous? Why do people love them, loathe them, and fear them? In Power Button, Rachel Plotnick traces the origins of today's push-button society by examining how buttons have been made, distributed, used, rejected, and

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*refashioned
throughout history.*

*Focusing on the
period between
1880 and 1925,
when “technologies
of the hand”
proliferated
(including
typewriters,
telegraphs, and
fingerprinting),
Plotnick describes*

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the ways that button pushing became a means for digital command, which promised effortless, discreet, and fool-proof control.

Emphasizing the doubly digital nature of button pushing—as an act of the finger and a binary activity

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*(on/off,
up/down)—Plotnick
suggests that the*

tenets of

precomputational

digital command

anticipate

contemporary ideas

of computer users.

Plotnick discusses

the uses of early

push buttons to call

servants, and the

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Buttons, How

*growing tensions
between those who
work with their
hands and those
who command with
their fingers;
automation as
“automagic,”
enabling command
at a distance; instant
gratification, and the
victory of light over
darkness; and early*

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twentieth-century imaginings of a future push-button culture. Push buttons, Plotnick tells us, have demonstrated remarkable staying power, despite efforts to cast button pushers as lazy, privileged, and even dangerous.

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*How Your Brain's
Secret Circuit*

*Affects Your
Relationships--And
How You Can
Activate It*

*Inside the Minds of
Angry and*

*Controlling Men
Parenting Your Out-
of-Control Teenager*

*Rise Above Toxic,
Difficult Situations in*

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*the Workplace
How to Find the
Love, Positivity, and
Purpose to Elevate
Your Life and the
World!*

*Peaceful Parent,
Happy Kids
Shutting Down the
Enemy's Attacks,
Threats, Lies, and
Accusations*

Offers information

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on engaging in
spiritual warfare
with Satan,
including how the
Devil will use old
wounds, lies, and
accusations against
Christians seeking
a deeper
relationship with
God.

Let's face it, hard
as we try, none of

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us can avoid
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contact with
difficult people in
life. Some people
just seem to make
life hard for
everyone, causing
conflict and stress
wherever they are.
Often they aren't
even aware of their
effect on others
around them,

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including you!

Bestselling author
and noted
relationship expert,
Dr. John Townsend,
will help you better
understand what
makes "button
pushers" act the
way they do - and
why it is so easy for
you to allow them
to bring out the

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Buttons, How
worst feelings and
reactions in you.

He challenges you
to take personal
responsibility and
stop responding to
difficult people in
ways that just don't
work! He then
offers a whole new
repertoire of
responses,
including specific

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guidance on
healthier attitudes,
self-control, and
verbal scripts,
which will allow
you to interact and
negotiate with
"crazy-makers" on
a brand new level.
No, you can't
always avoid
difficult people, but
in learning to relate

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with them more
effectively, you'll
discover that you
are becoming more
and more the
person God has
created you to be.

“This is an elegant
piece of living
theater. . . . A book
to bathe in,
reminding readers
that something

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magical is
happening every
instant.” — Kirkus

Reviews (starred
review) At 9:59 on
a Thursday

morning, Jodie
draws a duck. As
she's about to add
a silver button to
the duck's boot, her
little brother,
Jonathan, takes his

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first step. At the exact same moment, a man buys fresh bread at the bakery, a baby is born, a soldier says good-bye to his mom. . . . From an ordinary scene in an apartment strewn with a child's artwork to a bird's-eye view of a

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city morning
pulsing with life,
Bob Graham

celebrates a whole
world-vision in a
single moment.

What it Means to
be a Mother

Shame-Proof
Parenting

Aspire Higher

Find Your Unique
Parenting Voice,

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Feel Empowered,
Knowledge About
If Then
and Raise Whole,
Healthy Children
Celebrate! ADHD