



# **The Jerk Whisperer: How to Deal with Tyrants, Tormentors, and Bullies... and Still Keep Your Sanity!**

*Stephen Birchak*

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## **The Jerk Whisperer: How to Deal with Tyrants, Tormentors, and Bullies... and Still Keep Your Sanity!** Stephen Birchak

In a world frequently filled with hostility, anger, and rage, how can we build healthier lives for ourselves and our loved ones?

*A Jerk Whisperer* is a mindful individual who extends kindness when confronted with incivility. *A Jerk Whisperer* has the ability to live a peaceful, compassionate, and stress-free life and can be assertive while still having a calming effect on others.

This remarkable book from an inspiring teacher will give you new insights and help you to discover the ten essential skills that will enable you to remain calm, kind, and productive (even when others are not); unearth the secrets to permanently rid your life of petty obsessions, imaginary crises, resentment, and revenge; recognize the six most common reactions to Jerks (and how these reactions rob our energy); understand the eight most paralyzing myths related to mean and cruel behavior.

If you have more than one crisis a month, you need to re-evaluate your life! So said Dr. Birchak's son, Nick, when co-presenting with his father. This book is movingly dedicated to his memory.

Dr. Stephen "Bird" Birchak, the original and master Jerk Whisperer, is a professor, dynamic speaker, father, husband and reformed class clown. He is internationally acclaimed for his presentations and motivates thousands of people each year. A leader in character development and conflict resolution, he combines optimism with humor to bring a hopeful message. He is the author of the highly successful parenting manual: *How to Build a Child's Character by Tapping Into Your Own*.

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Spent a free time for you to be fun activity to accomplish! A lot of people spent their sparetime with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the e-book untitled *The Jerk Whisperer: How to Deal with Tyrants, Tormentors, and Bullies... and Still Keep Your Sanity!* can be good book to read. May be it may be best activity to you.

#### **Paul Howell:**

People live in this new time of lifestyle always aim to and must have the time or they will get wide range of stress from both day to day life and work. So , once we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we inquire again, what kind of activity do you have when the spare time coming to anyone of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, often the book you have read is definitely *The Jerk Whisperer: How to Deal with Tyrants, Tormentors, and Bullies... and Still Keep Your Sanity!*.

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