



How to Hug A Porcupine: Easy Ways to Love the Difficult People in Your Life (Little Book. Big Idea.)

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How to Love the Difficult People in Your Life

Most of us know someone who, for whatever reason, always seems to cause problems, irritate others, or incite conflict. Often, these people are a part of our daily lives. The truth is that these trouble makers haven't necessarily asked to be this way.

Sometimes we need to learn new approaches to deal with people who are harder to get along with or love.

How to Hug a Porcupine: Easy Ways to Love Difficult People in Your Life, explains that making peace with others isn't as tough or terrible as we think it is—especially when you can use an adorable animal analogy and apply it to real-life problems.

How to Hug a Porcupine provides tips for calming the quills of parents, children, siblings, strangers, and other prickly people you may encounter. Among other tips, *How to Hug a Porcupine* includes:

- *Three easy ways to end an argument
- *How to spot the porcupine in others
- *How to spot the porcupine in ourselves

With a foreword by noted psychotherapist Dr. Debbie Ellis, widow of Dr. Albert Ellis, *How to Hug a Porcupine* is a truly special book.

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