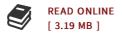




## Tongue Fu

## By Sam Horn

St. Martin's Press. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.2in. x 5.5in. x 0.8in.lf youve ever been tongue-tied - or if youve ever given a tongue-lashing (and regretted it), Tongue Fu! offers constructive alternatives that will turn hostility into harmony and help you avoid a mental breakdown in the face of aggression. With straightforward strategies and proven techniques, Tongue Fu! examines almost every kind of verbal conflict - from fights with your spouse or a stalemate with the kids - and shows how to use martial arts for the mind and mouth to deflect attacks, disarm disputes, and defuse any explosive situation. With Tongue Fu! you will learn words to use (and words to lose) in tense situations, the power of the phrase Youre right, the tools to use when people push your hot buttons, how to handle a verbal bully who enjoys attacking and tormenting, how to gracefully exit an argument, what to say when you dont know what to say, how to use silence to your advantage, how to be pleasantly unpleasant, and how to take charge of your emotions. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



## Reviews

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This ebook is fantastic. It is actually writter in straightforward terms rather than hard to understand. Its been designed in an extremely straightforward way and it is merely soon after i finished reading through this ebook through which in fact modified me, alter the way i really believe. -- Justice Wilderman

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