



**Mean People: Easy Strategies To Rob Mean People  
Of Their Power Over You! - Meditation,  
Mindfulness, And Other Strategies To Increase  
Emotional Intelligence, ... Mindfulness, Overcome  
Fear, Jealousy)**

*Ryan Cooper*

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## **Mean People Won't Have Any Control Over You Anymore!**

**Today only, get this Amazing Amazon book for this incredibly discounted price! Read on your PC, Mac, Smart Phone, Tablet or Kindle Device.**

This "Mean People" book contains proven steps and strategies on how to understand the psychology of mean people, and better yet, how you can either help to change them, or if changing them is out of the question, how you can emotionally remove any power they have over you!

This book also contains helpful information on how you can confront mean people without compromising your job or personal life. Here, you will find tips on how to deal with difficult people in your workplace as well as how to achieve inner peace within five minutes before confrontation.

Moreover, this book contains useful advice on how to deal with jealous people and their mean antics. You will find out how you can effectively overcome your fear of confrontation and stand up to mean people. In this book, you will also read about using meditation and mindfulness to get better control of your emotions.

## **Here Is A Preview Of What You'll Learn...**

- Understanding The Psychology Behind Mean People – Why Are They Most Likely So Mean?
- Can You Help To Change These Difficult People And Make Them Not Act Mean Anymore?
- How To Emotionally Deal With Scenarios Where You Cannot Change The Mean People
- Rob Mean People Of Their Power Over You By Adopting Meditation And Gaining Greater Peace Of Mind
- How To Use Mindfulness And Meditation Strategies To Control Your Own Emotions
- What Is Emotional Intelligence And How Can It Help You To Dealing With Difficult And Mean People?
- How To Overcome Fear Of Mean People, Be Confident, And Stand Up To Them
- Dealing With Jealousy And Knowing If It Is The Source For People Acting So Mean
- What To Do If The Mean People Are Coworkers
- A Quick And Easy 5 Minute Routine To Give You Inner Peace Before Confronting Mean People
- Much, Much More!

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