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Don't Let Jerks Get the Best of You: Advice for Dealing with Difficult People

Paul Meier

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Don't Let Jerks Get the Best of You: Advice for Dealing with Difficult People Paul Meier
Dr. Paul Meier takes a look at how selfish humans are. Through light hearted episodes, Dr. Meier sheds light on how individuals act as jerks, how to become aware of manipulation, and identifying our own "jerk" tendencies. *Don't Let Jerks Get the Best of You!* provides laughs while at the same time showing ways to take control of our lives and build relationships with confidence, trust, and joy.

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