



## Who's Pushing Your Buttons?: Handling the Difficult People in Your Life

*By John Townsend*

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### Who's Pushing Your Buttons?: Handling the Difficult People in Your Life

By John Townsend

Button-pushers come in all shapes and sizes, but they have one thing in common: Their behavior drives us crazy and makes us dream of ways to escape the mess we're in.

The person who pushes your buttons is likely someone who matters to you – a spouse, a parent, a boss, a fellow church member. Almost always this difficult person is connected to you by blood, love, faith, or money, so you can't just end the relationship without causing pain and upheaval in your life.

Our friends and today's culture will often advise us to abandon such relationships quickly – to end this unpleasant chapter and get on with our lives. Psychologist and author Dr. John Townsend disagrees, "Your button-pusher is not someone you would easily and casually leave. You are intertwined at many levels. It is worth the trouble to take a look at the ways the relationship you had, and want, can be revived and reborn."

In this easy-to-read book he offers

- Expert insights to help you understand your own button-pusher
- Wise assistance in determining the nature of the problem
- Compassionate help in identifying your failed attempts to fix things
- A hope-filled vision for what can be and how to make it come true
- Rich resources to help you navigate the necessary changes

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### **Editorial Review**

#### Review

"Do you have crazy-making relationships that won't go away? Here an articulate mental health expert describes a variety of button-pushing patterns and their emotional dynamics. The rational perspective is comforting at first and allows some distance from the pain. But then the genial Dr. Townsend presses listeners to understand their own reactions and do something. He's a clever writer and enjoyable to hear in spite of occasional indulgences in intellectual wheel-spinning. The morality of Christianity is obvious, but the stronger influences are the secular themes of self-scrutiny, honesty, and accountability. A key lesson is the author's advice on how to talk with troublemakers about their behavior, once insight about the dynamics has been gained."

T.W. © AudioFile Portland, Maine

#### From the Inside Flap

You can regain control of your life and stop the stress

We all have at least one--a difficult person who know how to push our buttons and make us crazy. When we're really at wits end, our first inclination is to walk away. But Dr. John Townsend says that in his experience, most people give up too soon on their button-pusher. "They have a limited repertoire of responses, none of which are effective. So they resign themselves in hopelessness."

Instead of leaving your spouse or date, severing family ties, or breaking off a friendship in order to find peace, why not try something new? In this insightful book, Dr. Townsend introduces a revolutionary approach for reaching out to, confronting negotiating with, and setting appropriate limits for the button-pushers you know. It's an approach that holds out great hope for difficult people--and great encouragement for those of us who love them.

"Difficult, button-pushing people can and do change, in deep and long-lasting ways, all the time. I have seen it, and many other have witnessed and been a part of it. God has been in the business of changing difficult people for eons." the author of this book assures us. Find out what role you can play in changing your relationship.

#### About the Author

Dr. John Townsend is a leadership consultant, psychologist, and New York times bestselling author. He has written twenty-seven books, selling 8 million copies, including the 3 million-selling Boundaries series. John is founder of the Townsend Institute for Leadership and Counseling and conducts the Townsend Leadership Program. He travels extensively for corporate consulting, speaking, and working with leadership families. He and his wife, Barbi, live in Newport Beach, California. They have two sons. One of Dr. Townsend's favorite hobbies is playing in a band that performs in Southern California lounges and venues.

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