



The Power and Grace Between Nasty or Nice: Replacing Entitlement, Narcissism, and Incivility with Knowledge, Caring, and Genuine Self-esteem (Paperback)

By John Friel, Linda Friel

HEALTH COMMUNICATIONS, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. Whether interacting in political arenas or playgrounds, corporations or classrooms, boardrooms or bedrooms, we as a nation have fueled an epidemic of bad behavior. From political correctness agendas to the faux self-esteem movement, from absent parents to helicopter parents, many adults developed extremely unhealthy ways of approaching the natural conflicts in our daily lives. With a distorted worldview that's black-and-white, all or nothing, too many people react in extremes--they either blow up or rage (the nasty bully) or let others walk all over them (the nice pushover). In this illuminating book, the Friels explain that power without graciousness results in bullying and nastiness. Graciousness without power results in being a doormat. However, power tempered with graciousness elevates us beyond our purely animalistic selves it produces competence, gratitude, humility, and effectiveness, attributes that are sorely lacking in today's world where entitlement, narcissism, and incivility reign supreme. By learning how to find and balance this power zone between victim and perpetrator, anyone can stop dysfunctional patterns of behavior and ignite positive change. In fact, the Friels show how even one very...

Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You won't sense monotony at any time of your time (that's what catalogues are for relating to should you request me).

-- **Jaqueline Kerluke**

I just started looking at this pdf. It can be really fascinating through studying period of time. It's been printed in an extremely basic way and is particularly only following I finished reading through this publication where in fact altered me, change the way I really believe.

-- **Mr. Stephan McKenzie**