



# The Complete Idiot's Guide to Verbal Self-Defense

By Lillian Glass

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## The Complete Idiot's Guide to Verbal Self-Defense By Lillian Glass

You're no idiot, of course. You know it's unhealthy to obsess about a waiter's insulting remarks, and you're tired of hearing your "best friend" remind you of your shortcomings. But when it comes to actually confronting the verbal bullies in your life, you feel like your yellow streak has turned into stripes. Don't swallow your pride just yet! The Complete Idiot's Guide to Verbal Self-Defense, by best-selling author Dr. Lillian Glass, shows you how to take control of the situation. In this Complete Idiot's Guide, you get:

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## **The Complete Idiot's Guide to Verbal Self-Defense By Lillian Glass Bibliography**

- Sales Rank: #488356 in Books
- Published on: 1999-07-07
- Released on: 1999-07-01
- Original language: English
- Number of items: 1
- Dimensions: 9.24" h x .90" w x 7.44" l, 1.20 pounds
- Binding: Paperback
- 352 pages



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