



# How To Keep People From Pushing Your Buttons

*Albert Ellis*

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## **How To Keep People From Pushing Your Buttons** Albert Ellis

We all know that life can get tough. Many companies are down-sizing and letting workers go, leaving those with jobs uneasy about their future. Many families are under the added stress of divorce or remarriage - and newly blended families seldom look like the Brady Bunch! On top of these pressures, technology is speeding up the pace of life, confronting each of us with hundreds of tasks that all seemingly need to get done today. With all this stress, pressure, uncertainty, and worry, there are many things and many people out there who can potentially set you off, drive you crazy, or push your buttons. This book provides specific, realistic ways to keep people and events from pushing your buttons. It does so without resorting to theoretical jargon, "new age" psychology, or positive-thinking quick fixes. You will find here a set of specific skills you can use to help you react more effectively in the face of potential button-pushers.

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