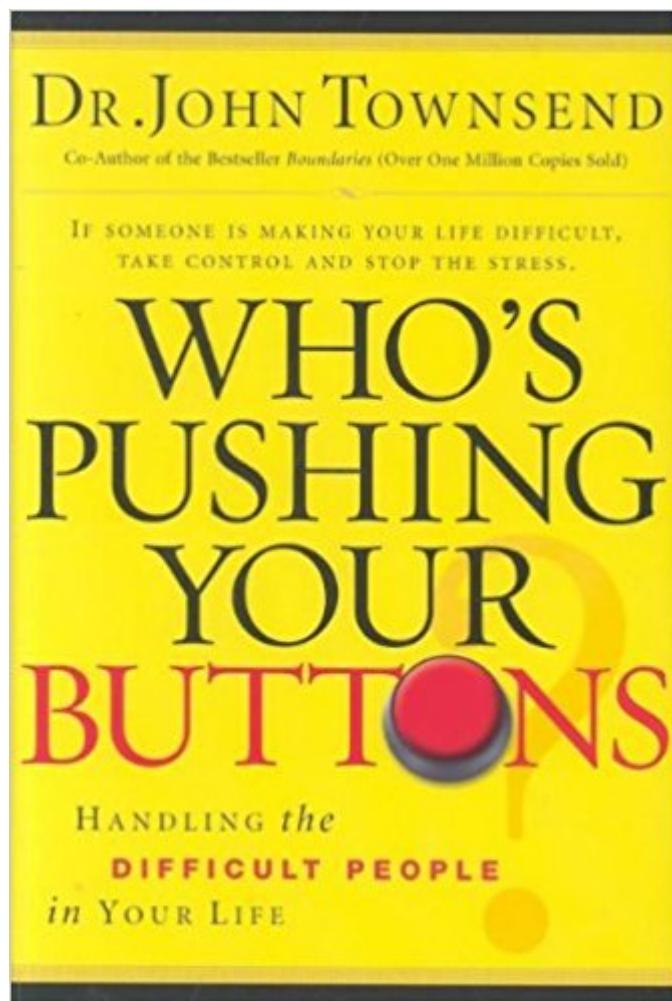


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# Who's Pushing Your Buttons?



## **Synopsis**

Make the change that helps to change the difficult person in your life

## **Book Information**

Hardcover: 240 pages

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## **Customer Reviews**

"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." A T.W. © AudioFile Portland, Maine --This text refers to the Audio Cassette edition.

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.

I have read many of John Townsend's books and they are all very insightful. They are particularly helpful for someone who has spent too much time in legalistic, harsh "Christian" churches. The truth of the scripture compared to the cultural norms of these harsh so-called "Christian" culture becomes very clear. All of his books are a must for someone who really wants to understand the truth of what the church should look like as opposed to what we often experience in the church.

Rated four stars easy to read. The book is insightful causing one to look for certain patterns of a relation that's unhealthy.

This is the second book I have read this week by the writing team of Cloud and Townsend - "Safe People" was the other one. I actually have the same compliments and complaints about both books. On the strong side: 1) It really helps you identify who is a button-pusher 2) Helps identify how a person feels when around a button-pusher 3) Gives the reader some insights into why that person may be a button-pusher 4) Makes the reader reflect on whether or not the reader himself is a button-pusher 5) Gives some very good, practical advice about how to confront a button-pusher and some of the mistakes people make when doing so. While all the above is very good, the last half of the book on what to do with a button-pusher assumes that this is a relationship that needs to be worked on and mended. The examples are largely marriages and parent/child issues. While those are huge issues for the people in those relationships and they need all the guidance they can get, where I find this lacking are for those of us whose button-pushers are friends, neighbors, or other less intertwined relationships. I would love to have a chapter dedicated to those lesser relationships and some sort of guide to help make the decision whether the relationship is worth the time, effort, and pain of trying to save. Not all relationships are created equal and not all deserve the same level of dedication. I personally believe that sometimes things are so out of wack and the relationship not that important that figuring out how to leave the relationship without doing damage to the other

person is where the energy should be spent. As an example, I would invest much more effort in dealing with a broken marriage than trying to retain a friendship with someone not that important in your life. More guidance on how to make those decisions and take those actions would have been appreciated by this reader.

Lots of insights. A topic that will help a lot of people with button pushers who are driving them over the edge. Trustable. The author is a Christian psychologist. I only wish I had bought the traditional "book" version because I am a person who likes to scribble on the edges. I could have underlined and noted on every page. (I bought it for my kindle but I am still that "old school!"

This is an amazing read. Gaining the ability to recognize destructive emotional behaviors and then to gain the ability to "weather the storm" is an art. This book gives a person creative ways of making this happen and the passion to go thru with it.

This book is very informative and useful! From a Professional who really understands that we as Humans have flaws and needed a Direction. Dr. John Townsend's book is the Direction where my counsellors did not manage to find out. A book where I Thank GOD for!

Came as expected in good condition. This is really a good book for someone who has someone driving you mad with their words or actions. I have a member of my family and my husband's that give me problems, and I learned so much from reading this. Buy it!

Written with hope and encouragement for relationships that are difficult, he gives helpful and realistic advice for dealing with how to respond to a button pusher

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