



Thank You for Being Such a Pain: Spiritual Guidance for Dealing with Difficult People

Mark Rosen

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With wisdom and humor, **Thank You for Being Such a Pain** offers gentle and compassionate guidance for understanding and healing relationships with difficult people. By embracing four fundamental premises and putting into practice the author's many helpful and practical suggestions, you'll acquire the skills and insights necessary for turning around even the most troublesome relationship. What you need to keep in mind is that: (1) nothing in your life happens randomly and your difficulties have a deeper purpose; (2) frustration and even emotional pain are as necessary for your personal and spiritual growth as love and joy; (3) transforming enmity and completing unfinished business may be the most important skills you can learn in life; and (4) when you make an effort to work on your inner self, your outer relationships will be transformed.

This groundbreaking book draws upon state-of-the-art psychological principles and timeless spiritual practices from all traditions. Filled with enlightening exercises and entertaining stories, **Thank You for Being Such a Pain** will forever change the way you see the difficult people in your life . . . as well as the way you see yourself.

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