



The Jerk Whisperer: How to Deal with Tyrants, Tormentors, and Bullies... and Still Keep Your Sanity!

Stephen Birchak

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In a world frequently filled with hostility, anger, and rage, how can we build healthier lives for ourselves and our loved ones?

A Jerk Whisperer is a mindful individual who extends kindness when confronted with incivility. *A Jerk Whisperer* has the ability to live a peaceful, compassionate, and stress-free life and can be assertive while still having a calming effect on others.

This remarkable book from an inspiring teacher will give you new insights and help you to discover the ten essential skills that will enable you to remain calm, kind, and productive (even when others are not); unearth the secrets to permanently rid your life of petty obsessions, imaginary crises, resentment, and revenge; recognize the six most common reactions to Jerks (and how these reactions rob our energy); understand the eight most paralyzing myths related to mean and cruel behavior.

If you have more than one crisis a month, you need to re-evaluate your life! So said Dr. Birchak's son, Nick, when co-presenting with his father. This book is movingly dedicated to his memory.

Dr. Stephen "Bird" Birchak, the original and master Jerk Whisperer, is a professor, dynamic speaker, father, husband and reformed class clown. He is internationally acclaimed for his presentations and motivates thousands of people each year. A leader in character development and conflict resolution, he combines optimism with humor to bring a hopeful message. He is the author of the highly successful parenting manual: *How to Build a Child's Character by Tapping Into Your Own*.

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