



Tongue Fu!: How to Deflect, Disarm, and Defuse Any Verbal Conflict

By Sam Horn

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If you've ever been tongue-tied - or if you've ever given a tongue-lashing (and regretted it), Tongue Fu! offers constructive alternatives that will turn hostility into harmony and help you avoid a mental breakdown in the face of aggression. With straightforward strategies and proven techniques, Tongue Fu! examines almost every kind of verbal conflict - from fights with your spouse or a stalemate with the kids - and shows how to use martial arts for the mind and mouth to deflect attacks, disarm disputes, and defuse any explosive situation. With Tongue Fu! you will learn words to use (and words to lose) in tense situations, the power of the phrase "You're right," the tools to use when people push your "hot buttons," how to handle a verbal bully who enjoys attacking and tormenting, how to gracefully exit an argument, what to say when you don't know what to say, how to use silence to your advantage, how to be pleasantly unpleasant, and how to take charge of your emotions.

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Editorial Review

From Library Journal

The purpose of Kung Fu, the Chinese art of self-defense, is to fend off physical attacks. According to professional speaker and consultant Horn, the purpose of Tongue Fu, a spoken form of self-defense, is to guard against psychological attacks. Dealing with difficult people is a part of everyday life. However, by focusing on real-life responses to verbal challenges instead of theories and platitudes, the author has delivered a convenient handbook for the mental martial art of verbal self-protection. Divided into four sections, the book offers techniques and skills for responding thoughtfully in conflicts, expressing honest feelings and goals, seeking cooperation in difficult situations, and living a life of value during trying times. Each of the 30 chapters offers examples that demonstrate the expected goals and acquired skills in action. Despite its suggestively prurient title, Horn's book is a lively, positive guide that can be returned to time and again. A popular title for all public library collections.

David R. Johnson, Fayetteville P.L., Ark.

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Review

"This is a great book! *Tongue Fu!* puts a new twist on communication. Everyone should read it.!" ?John Gray, author of *Men Are from Mars, Women are from Venus*

"*Tongue Fu!* is a practical and easy-to-read book on the important topic of interpersonal relationships. Many stories beautifully illustrate the immediate, usable ideas on how to get along better with just about anyone, anytime, anywhere. The world would be a more peaceful and harmonious place if people practiced the enduring principles presented in this book. *Tongue Fu!* is destined to be a classic." ?Jack Canfield, coauthor of *Chicken Soup for the Soul*

"*Tongue Fu!* is filled with delightful tools for keeping both feet on the ground instead of in the mouth. Both young and old need to learn its lessons for creating connection instead of alienation." ?Susan Jeffers, Ph.D., author of *Feel the Fear and Do It Anyway* and *End the Struggle and Dance with Life*

"This book is a gold mine for anyone who deals with the public. The great strength lies in two things. First are Horn's unimpeachable ideas. She's added to the legacy of ideas on dealing with people left by Abraham Lincoln, Benjamin Franklin, Dale Carnegie, and many others. That takes skill. Second are the examples she uses. This a comprehensive manual for getting ahead--while inviting others to join you." ?*Executive Book Summaries*

"In this delightful book, I found many gems of practical wisdom for everyday life. Among books on effective communication and improved relationships, this is one of the finest ever seen. An important work--fun to read, learn from, and apply." ?Dan Millman, author of *Way of the Peaceful Warrior* and *The Laws of Spirit*

"Frustrated? Try some verbal kung fu. These verbal techniques for 'fast-forwarding through frustration' help keep inner harmony." ?*the Chicago Tribune*

"This is a terrific book, full of verbal 're-engineering' designed to refocus us toward greater fulfillment in our dialogues with others through better communication." ?Anthony Robbins, author of *Awaken the Giant Within* and *Unlimited Power*

About the Author

Sam Horn, president of Action Seminars, has given workshops to 350,000 people in more than fifty cities across the country and has also written *Concrete Confidence*. She hosts a weekly radio show called *Sam Says* on Maui's most-listened-to station, KLHI. *Tongue Fu!* has been featured in *Family Circle*, *Cosmopolitan*, *Reader's Digest*, and *USA Today*, to name a few. Her impressive client list includes Young President's Organization, Hewlett-Packard, U.S. Navy, the IRS, American Bankers Association, and Four Seasons Hotels. She is a member of the National Speakers Organization, and she lives in Maui, Hawaii, with her family.

Users Review

From reader reviews:

Clarice Johnson:

This *Tongue Fu!: How to Deflect, Disarm, and Defuse Any Verbal Conflict* are reliable for you who want to be a successful person, why. The reason of this *Tongue Fu!: How to Deflect, Disarm, and Defuse Any Verbal Conflict* can be on the list of great books you must have will be giving you more than just simple reading food but feed you actually with information that probably will shock your previous knowledge. This book is usually handy, you can bring it everywhere you go and whenever your conditions in the e-book and printed ones. Beside that this *Tongue Fu!: How to Deflect, Disarm, and Defuse Any Verbal Conflict* giving you an enormous of experience including rich vocabulary, giving you trial run of critical thinking that we all know it useful in your day activity. So , let's have it and luxuriate in reading.

Henry Taylor:

This book untitled *Tongue Fu!: How to Deflect, Disarm, and Defuse Any Verbal Conflict* to be one of several books that best seller in this year, here is because when you read this reserve you can get a lot of benefit onto it. You will easily to buy that book in the book retail outlet or you can order it through online. The publisher with this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Cell phone. So there is no reason for your requirements to past this reserve from your list.

Lauren Smith:

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Patricia Meyer:

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