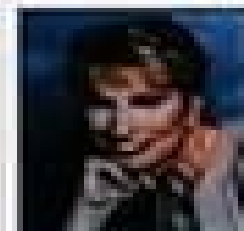


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The Complete Idiot's Guide to Verbal Self-defense Lillian Glass,1999 Offers advice on identifying the verbal bullies in one s life determining the difference between abuse and kidding around turning negative comments to one s advantage and delivering verbal defense appropriately and confidently

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