



A simple answer to a healthier, more productive life

Philosopher, MoriEl Randolph tells What To Do When People Get on Your Nerves



Most of us experience, at one time or another, aggravation or stress due to something or someone "getting on our nerves," but what exactly can we do about it, and how much of an effect does it literally have on our nervous systems?

"Though there are many books and other resources that teach us how to handle difficult people, the solution simply comes down to getting back to basics," says MoriEl Randolph, author of [What To Do When](#)

[People Get on Your Nerves](#). "Developing one's ability to maintain control within one's own life, regardless of the negative or disruptive things people say or do, is the key. It can be done and it's simpler than most may think." In both her books and workshops, Randolph teaches:

- The two qualities that determine how adversely others will affect us.
- How to alleviate unnecessary stress and agitation that can result from dealing with difficult people.
- How to maintain control within one's own life, regardless of the actions of others.

Bio: Born in Bethesda, Maryland, 1956 - Author and Philosopher, MoriEl Randolph is an expert on personal growth and development, and key speaker for the [FreshView Seminar & Workshop Series](#). She provides online Consulting and Life Guide services for [AnswersOfInspiration.com](#), and also serves as a community minister for Fresh Light Ministries.

Randolph is President of the youth development and performing arts nonprofit organization [Teens Express](#), and has taught and served youth, families, faculty, and staff for over a decade through various seminars and workshops. A student of Judeo-Christian Philosophy and human behavior for over 25 years, Randolph continues to commit her life to teaching and inspiring others through various training programs and resources, including her online Ezine and Blog found at [tips2liveby.com](#).

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Story Ideas

MoriEl specializes in providing literature, articles, and workshops that instill in others the ability to maintain control within their lives, regardless of their circumstances, or the choices and actions of others.

Coping with Difficult People is not the

Answer: There are many books and seminars on coping with or handling difficult people. In general, these resources teach us how to recognize different personality types. Though the information may be interesting to know, it does not solve the problems one may experience when affected by the actions or behaviors of others.

What Every Parent Should Know about Their

Teenager: Watching our children enter into adolescence can be scary for several reasons. In addition to all the dangers they may face, we often find that we are facing an individual whom we can hardly recognize as the child we raised.

5 ways to reconcile irreconcilable differences.

You can save your marriage: Though the term "irreconcilable differences" is widely used as an out for many seeking divorce, it is rarely the real cause or reason for the divorce. For two individuals who are truly seeking to save their marriage, there are five ways that they can do so with success.

Do you really Care about People? Take the

test: In an article by Charlie Brooker, also known from his website, *The Guardian*, Brooker writes of his encounter with an American hotel engineer by the name of Frank: "Hello there," says the engineer. "My name's Frank." He taps his nametag. "You need anything fixed, any trouble with the TV in your room, computer problems, anything - just call the front desk; ask for me." Brooker goes on to write: In London, Frank the engineer would've told him to "piss off." The opinion of American's being some of the nicest people in the world is shared by many. However, though it's great to be considered nice, being nice is not synonymous with having a genuine care and concern for others, and it certainly has nothing to do with being honest.