

PRESS RELEASE

Feature: Evergreen story:

What To Do When People Get On Your Nerves

It's simpler than you may think, there is a solution

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Most of us have experienced, at one time or another, aggravation or stress due to something or someone that we feel is “getting on our nerves,” but what exactly can we do about it, and how much of an affect does it literally have on our nervous systems?

“Though there are many books and other resources that teach us how to handle difficult people, 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, and it has little to do with those outside of us,” says MoriEl Randolph, author of *What To Do When People Get on Your Nerves*. “I don’t wish to make anyone a victim, which is what we can become whenever we make it all about the other person. Our ability to solve the problem becomes limited, and dependent on someone outside of ourselves whom we really have no control over.” Randolph teaches that there are two areas within our lives, when developed, that can place us in a position where it matters very little what negative things someone outside of ourselves may say or do.

Ask Randolph:

- 1) What 3 approaches can be used to prevent others from getting on one’s nerves?
- 2) How to alleviate unnecessary stress and agitation that can result from dealing with difficult people?
- 3) What are the two mind-sets that determine how adversely others affect us?
- 4) How to maintain a caring outlook toward others in general?
- 5) How to maintain control within one’s own life and make beneficial choices regardless of how you feel or the actions of others?

Author and Philosopher, MoriEl Randolph is an expert on personal growth and development, and key speaker for the FreshView Seminar & Workshop Series. She also serves as Life Guide for AnswersOfInspiration.com. Randolph has been a student of Biblical Philosophy and human behavior for over 25 years, teaching and serving youth, families, faculty and staff for over a decade.

Call to arrange for an interview with MoriEl Randolph at 301 877-0572 or visit the Press Room at www.freshviewonline.com for tips sheet, Q&A, Bio and other details. You can also email Randolph at moriel@freshviewbooks.com.