



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:

Edward Stewart:

Information is provisions for individuals to get better life, information these days can get by anyone at everywhere. The information can be a knowledge or any news even restricted. What people must be consider any time those information which is in the former life are challenging be find than now is taking seriously which one is acceptable to believe or which one the resource are convinced. If you obtain the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not happen within you if you take *Tongue Fu!: How to Deflect, Disarm, and Defuse Any Verbal Conflict* as your daily resource information.

David Musick:

In this era globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher in which print many kinds of book. Typically the book that recommended for your requirements is *Tongue Fu!: How to Deflect, Disarm, and Defuse Any Verbal Conflict* this reserve consist a lot of the information from the condition of this world now. This book was represented so why is the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. The particular writer made some study when he makes this book. This is why this book acceptable all of you.

James Adcock:

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Disarm, and Defuse Any Verbal Conflict.

Gene Lyons:

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