



Toxic Criticism

Eric Maisel

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We've all felt the sting of criticism . . .

Sometimes painful barbs from friends, family, coworkers, or strangers can lodge in our minds and eat away at our core. When you allow criticism--even self-criticism--to affect you that powerfully, it can be toxic. And if you don't break the cycle, toxic criticism can make you sick, strain relationships, and prevent you from fulfilling your dreams.

But you don't have to live that way! By using the proven strategies in *Toxic Criticism*, you can deflect any hurtful comment that comes your way, rationally decide whether the criticism has any validity, and, if you choose, give a calculated response or use it as an opportunity to make a positive change. Once you've mastered the techniques in *Toxic Criticism*, you'll be able to:

- Dismiss negative comments before they make you upset
- Take away the power of criticism by believing in yourself
- Live a positive life, driven by feeling of self-worth instead of self-loathing
- Silence your inner critic, and listen to the voice of confidence

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