

## ***Easy Ways to Manage Difficult Neighbours***



***Jennie Willett***

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Difficult neighbour relationships can be a major cause of stress. This book deals with managing the stress caused by the thoughtless behaviour of neighbours.

The aim of this book is to:

- Reduce stress.
- Teach how to set and maintain boundaries, physically and metaphorically.
- Teach assertive dialogue.
- Show methods of negotiating win/win.
- Understand causes of difficult behaviour.
- Understand and accept difficulties.
- Self-assess own responsible neighbour behaviour.
- Learn how to nip difficult behaviour in the bud.
- Understand and manage own emotions and reactions.
- Teach resilience techniques.
- Understand human nature and what motivates neighbours to act in unacceptable ways.
- Highlight the damage caused by not handling difficulties in a professional, non-emotional manner.
- Highlight the benefits of acting with integrity, however angry you feel.

There are no guarantees that the strategies will work as no two situations are the same but it is worth aiming for win/win in difficult situations and the main focus of this book is to reduce the stress caused by inconsiderate and difficult neighbour behaviour.

**The book does not cover legal disputes;**

**it is about avoiding litigation and the expense.**

**If you have a legal problem firstly contact [citizensadviceuk](http://citizensadviceuk)**