



# **The Power and Grace Between Nasty or Nice: Replacing Entitlement, Narcissism, and Incivility with Knowledge, Caring, and Genuine Self-Esteem**

*John Friel Ph.D.*

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Whether interacting in politics or on playgrounds, in corporate America to classrooms, we as a nation are failing in the interpersonal relationship department. And it's no wonder. From political correctness agendas to the self-esteem movement, from absent or abusive parents or traumatic childhood events, many people share an unhealthy worldview that's black-and-white, all or nothing. This victim vs. bully mentality causes people to react to situations in unhealthy ways by being either too nasty or too nice with their family, friends, and coworkers. This causes increased stress, family discord, divorce, and physical and emotional health problems including headaches, ulcers, overeating, or drinking.

Over the past 20 years, the Friel's 3.5-day Clearlife® Clinic Program has helped more than 6,000 people identify and change childhood patterns of behavior, beliefs, and feelings so that they can begin living a better, clearer life in the present. In this culmination of his life's work, Friel explains the breakthrough techniques he uses with clients to help them understand an important paradox—that everyone is both good and evil—and how we can call upon both in healthy ways to ignite positive change and personal growth. By learning how to balance this Power Zone between victim and perpetrator, anyone can stop dysfunctional patterns in their lives. With case studies, pop-culture examples, and cutting edge neuroscience, Friel offers a captivating look at unhealthy patterns with a prescriptive plan to heal by creating new cognitive templates. By changing the way your brain interprets situations, Friel shows how to be constructive with your anger, instead of criticizing, snapping, or being sarcastic and how to create healthy boundaries instead of people-pleasing. He shows how to heal from past fears, shame, or loneliness and move from victim or perpetrator to competent, powerful adult.

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