

"Don't get mad or get even—get placid using these authors' techniques for defusing difficult situations." —*Booklist*

# HOW TO KEEP PEOPLE FROM PUSHING YOUR BUTTONS

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*Albert Ellis , Arthur J. Lange*

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## **How To Keep People From Pushing Your Buttons** Albert Ellis , Arthur J. Lange

We all know that life can get tough. Many companies are down-sizing and letting workers go, leaving those with jobs uneasy about their future. Many families are under the added stress of divorce or remarriage - and newly blended families seldom look like the Brady Bunch! On top of these pressures, technology is speeding up the pace of life, confronting each of us with hundreds of tasks that all seemingly need to get done today. With all this stress, pressure, uncertainty, and worry, there are many things and many people out there who can potentially set you off, drive you crazy, or push your buttons. This book provides specific, realistic ways to keep people and events from pushing your buttons. It does so without resorting to theoretical jargon, "new age" psychology, or positive-thinking quick fixes. You will find here a set of specific skills you can use to help you react more effectively in the face of potential button-pushers.

## **How To Keep People From Pushing Your Buttons Details**

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# From Reader Review How To Keep People From Pushing Your Buttons for online ebook

## Roxy says

This outdated book about managing irritability is full of sexism and other horribleness and would only be helpful if you lived on the set of Mad Men.

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## Stacy says

According to Cognitive Behavioral Therapy, it is not usually situations or people that make us upset, but what we are telling ourselves about the situations or people.

If we can control our thoughts better, we are taking away the power of these things to anger us.

Good examples.

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## Sarbook says

<http://sarbook.com/product/306617>

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## Emily says

I read this book for school. It was pretty good. Although I think the authors ignored the fact that there are some absolutes in the world and they seemed a bit too focused on doing things for yourself sometimes, overall I thought they offered some good, helpful ideas for learning to not overreact. I'm glad I read it.

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## Phillip says

This is another satisfying and reasonable book by Albert Ellis. Once again he provides a presentation of RET but in a way that is value added to his other books.

This book provides four steps for responding to what he calls our nutty ideas. Reframing the harmful ideas gives the reader a method for responding to our own harmful mental habits. A change in mental habits, with continuous work, is supposed to lead to personal growth and the ability to respond to situations without getting upset or ending in depression.

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### **mathilda\_craft says**

I admit I wasn't at all that impressed with this book, as I found it frustrating to read through in certain sections. But now that I have reread it, I find it much more helpful now... only after finding ways to be more responsive versus reactive to other people (I had to hear it from someone else in order to get it; the book wasn't enough). You'd be amazed, though, how you can tick off others so much more by just letting things go and walking away from drama. It's a great feeling to not be able to take these people seriously. People like this are always fishing for a reaction from you it seems. Not getting caught up in it often wins you favorable outcome. Of course, if you're very emotional like I am, that's not always easy to do. I had to go on an antidepressant in order to see this. I couldn't do it before without it. I'm not necessarily saying if you're emotional this book won't work, but what I am saying is that for my case, I needed a little bit help in order to see and understand it.

This book does have some funny examples though I admit.

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### **Shashi Khanka says**

This book is quite insightful and teaches a new philosophy of rational living that gives allowance to making mistakes and feeling frustrated or sad when things don't turn out as we desire. But it strongly condemns making things horrible, terrible or devastating by simply thinking that they are. It convinces you that no one can push your buttons unless you let them do so. So the control of your feelings is actually in your hands. If you learn to live rationally as taught by this book, you won't demand that the world be fair and people treat you nicely. You can keep people from pushing your buttons if you learn to look at things and people objectively. Once you do that, you would know how to assert yourself to change the unfavorable circumstances of your life and if things still don't improve you would rather accept them as they are. This is the central theme of the book.

Several examples have been given to deal with button pushers at work and at home and in general.

The authors say that practicing the mental exercise of changing one's attitude is the only way to master the control over one's feelings. Practice and practice and practice till you think and behave rationally by default. If you falter as you will, being a fallible human being, practice some more.

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### **Lizbeth Bueno says**

Good book for someone who needs to think in a possible positive outcome in all situations.

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### **Gazelle says**

Not really into self help materials, but Albert Ellis gets me going as I start reading his books. It did not appear to me as another annoying positive thinking kind of stuff, it only helps you to look at life situations that you have to face all the time from a new prospective while rationalize your mind. If you are willing to get your emotions and reactions under control it teaches you that by some useful tips and techniques.

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## Scott says

It's been nearly three months since I finished the book and I've tried to apply its ideas in my daily life -- I hope that will help me give a better review of the book and its effectiveness.

As far as the writing goes, Ellis has written this book in a very casual, down-to-earth way, complete with personal anecdotes. This goes a long way in establishing a good rapport with the reader on a personal level rather than an elevated "teacher-and-student" level.

Ellis was one of the pioneers of cognitive behavioral therapy (CBT) with the patterns he talks about in this book. His basic premise is that people don't do things without a reason -- if you think about it enough, there's always going to be some kind of reason, often one that people don't want to admit.

And where there's reasoning, there's a chance to be rational and change that reasoning.

One of the more compelling examples he uses has to do with a trick that the Harlem Globetrotters do with a bucket of water: they throw a bucket of water on a participant, then bring out a second bucket and throw it on the audience. However, that second bucket is filled with confetti, not water.

Audience members not in the know will react with fear or shock because they expect to be showered with cold water.

Audience members who've seen the show before or are familiar with the act will have a completely different reaction.

Ellis uses this as an example of how preconceptions affect our reactions to situations and also as an example that those preconceptions can be changed. While we may not be able to control the situation itself (the Globetrotter throwing a bucket of something), we can control our perception (that the contents are harmful or not).

The book then goes on to explain:

1. What emotions we have that contribute to allowing our buttons to be pushed
2. What rationalizations (he calls this "screwball thinking") we make that allow our buttons to be pushed
3. What common assumptions and beliefs we have that allow our buttons to be pushed

Ellis relentlessly repeats his process for dealing with these three things throughout the book, usually with anecdotes. I can see how this would be grating for some people who want "just the process," but the anecdotes and personal approach really helped me make a personal connection to the method and think "yeah, this is something I can use normally" rather than "oh boy another self-help checklist."

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## **Schrodingers Woofers says**

Some people are arseholes. This book recognises that and helps you (or helped me anyway) develop an internal monologue that says "You know what? You're an arsehole!" I shift my objective from wanting to argue (with a particular arsehole) to seeing how quickly I can exit from the interaction. Much more satisfying and nodding hasn't given me an increased workload. In fact, I now have the time to do my existing work!

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## **Cara says**

Rereading Jan 2013. Looking to disable my buttons, particularly for my least favorite person. The tone of this book is obnoxious but the info is good.

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It's working! Woohoo!

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## **Alex says**

I am using this in everyday life as emotions arise as I have beliefs that cause strong emotional reactions, but I do not think as much as an ordinary person due to long term meditation. So when an over-reaction comes up I think about it realistically purposefully so I don't get too depressed, anxious, angry, what have you. I also use it when I am going to have to confront a particularly difficult situation in the future. If I bring this into my meditation practice it will be very effective at changing the underlying thoughts (beliefs) that hold me back from my true potential.

In short great for meditators and non-meditators alike.

Happy reading!

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## **Alina Vandenberghe says**

I really wanted to like this book. But instead I kept abandoning it after each half chapter. In the end I gave up half way through. The information was practical yet hard to relate to it. It's probably more suited for someone younger who needs a framework to work better with difficult people.

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## **Veselin Nikolov says**

I actually recommend this book. It's not an easy read and the way the information is presented was not the best for me but if we focus on the concepts instead of the presentation, definitely worth it.

The author teaches how strong overreactions (or complete lack of reaction) impact negatively our life and

well-being and I believe him. He touches the area of thinking errors, which he calls 'nutty thinking', and his ideas sound practical. They are also explained with multiple real-life examples.

The three primary 'nutty thinkings' from the book are 'Awfulizing', 'Shoulding', and 'Rationalizing'. Awfulizing is thinking that something is bad to the extremes when it's actually bad but not that bad and you can deal with it. Shoulding is assigning an imperative tone to statements, "you must do this", "I need to do that". "Do I?" Rationalizing is ignoring legitimate emotions and not acting when that would be of your best interest because not dealing with a problem instead of dealing with it sounds like a great idea.

From these 3, rationalizing seems to be the hardest to identify and deal with. As for the thinking errors, that's a deep area, which deserves further reading. I hope that I'll find something on the subject.

Nice addition to 'Crucial Conversations'.

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