

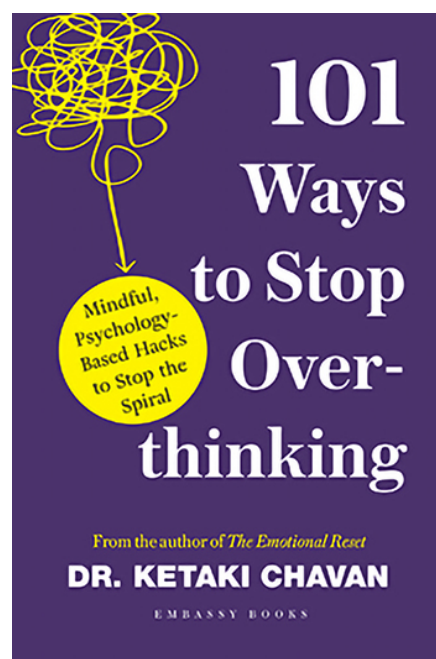
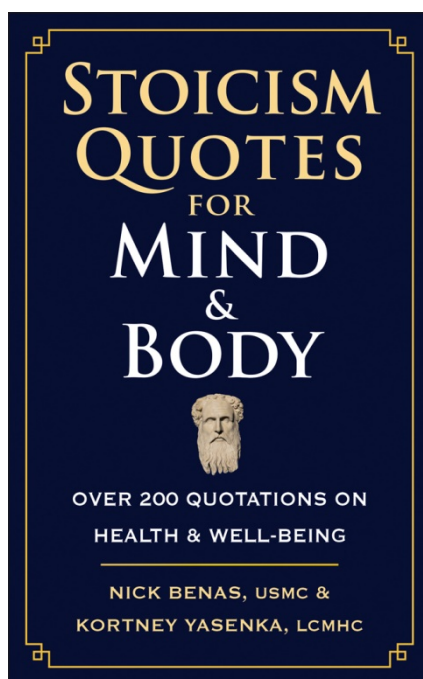
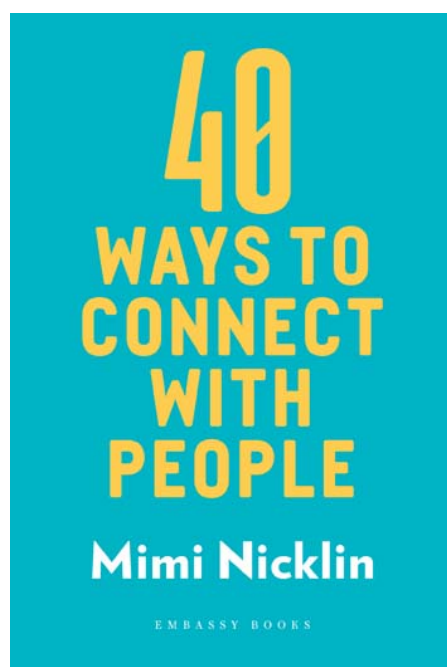
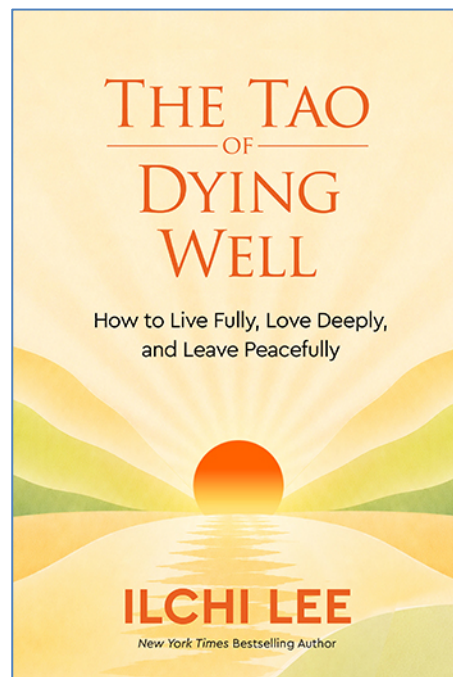
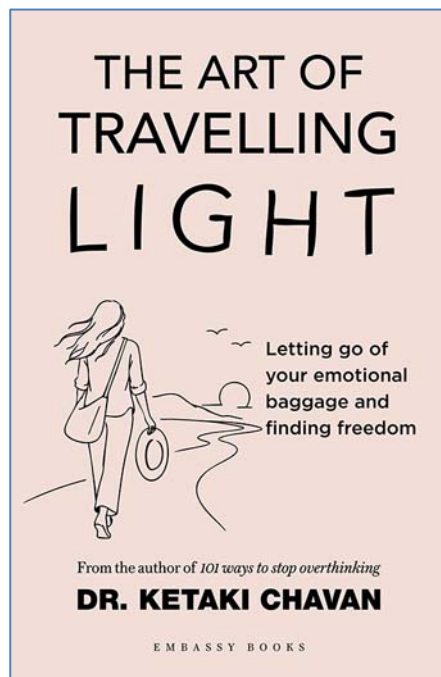
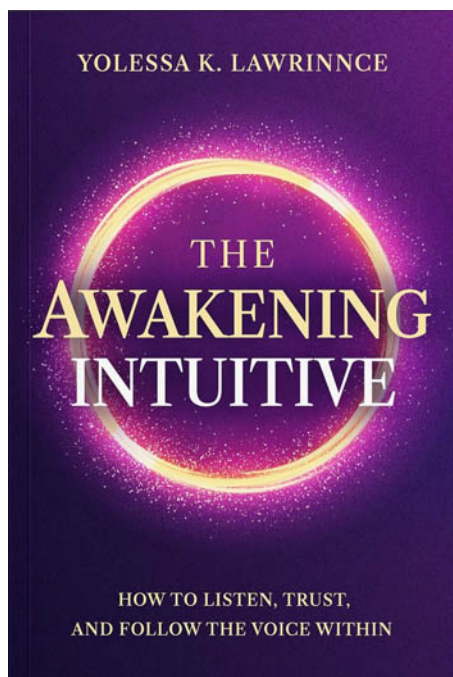


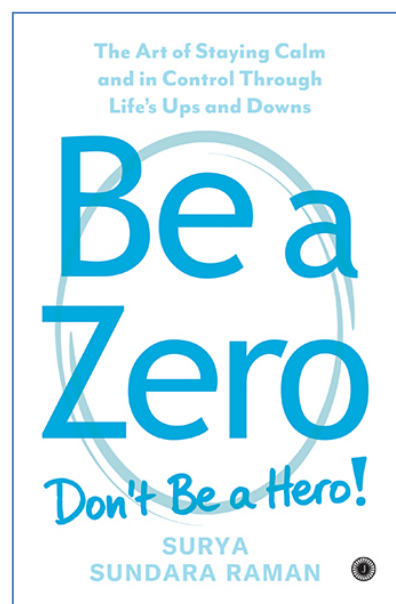
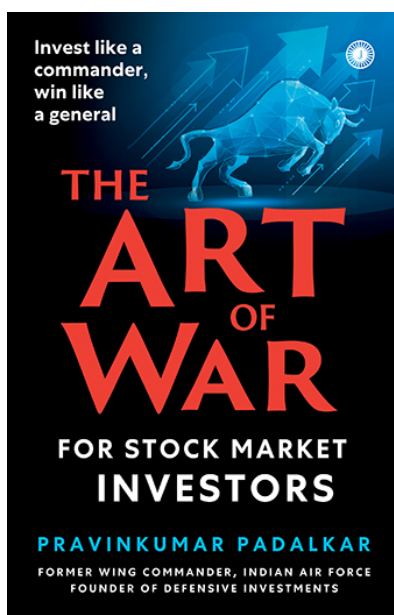
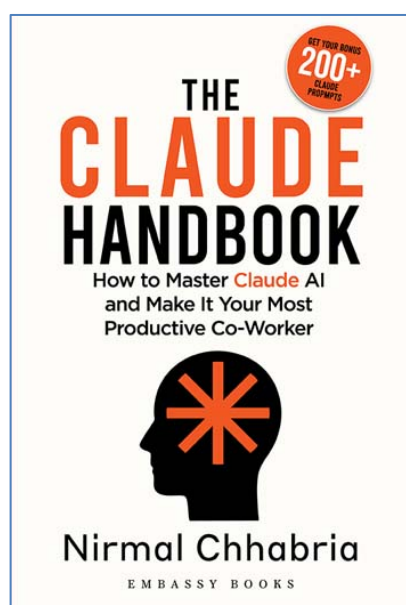
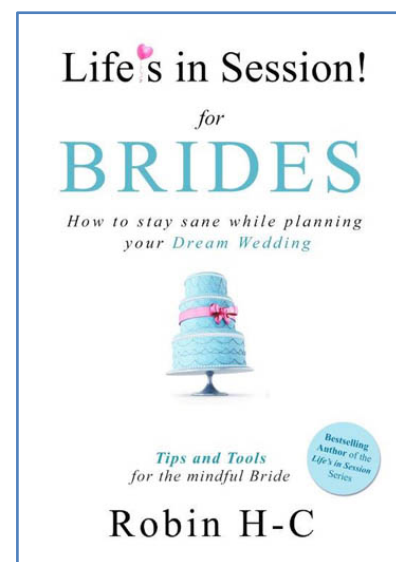
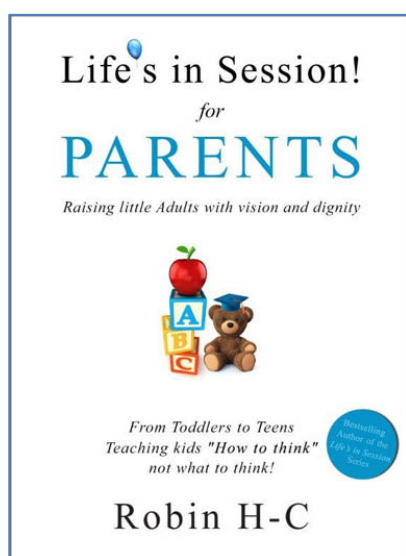
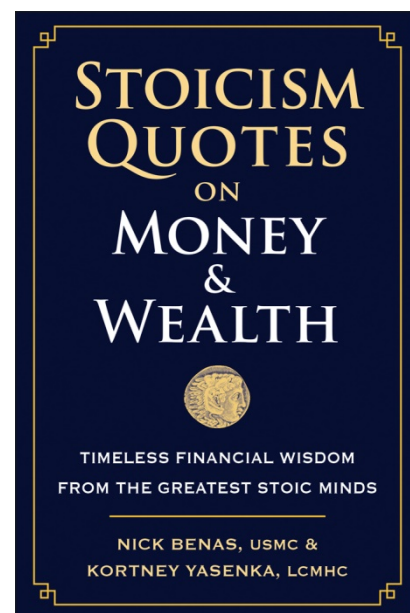
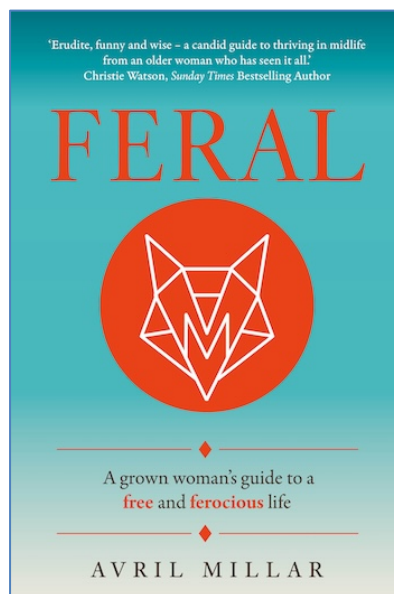
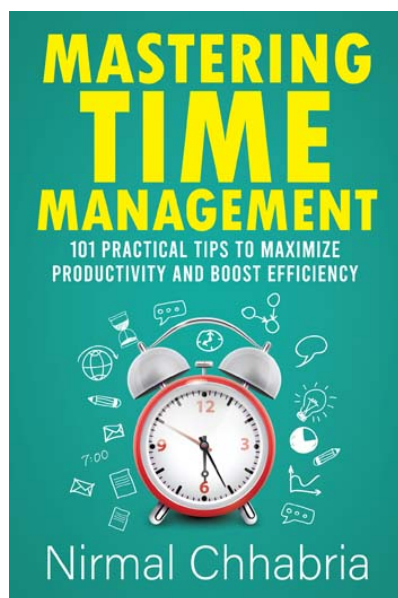
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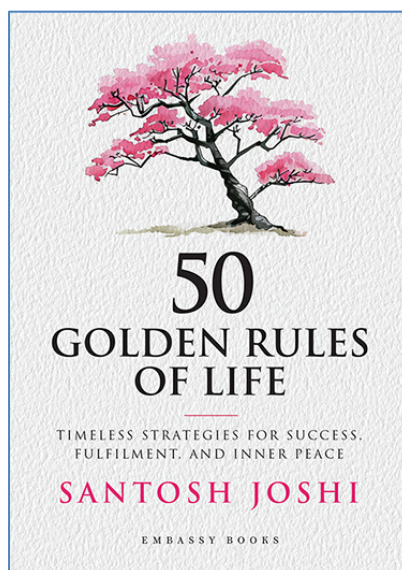
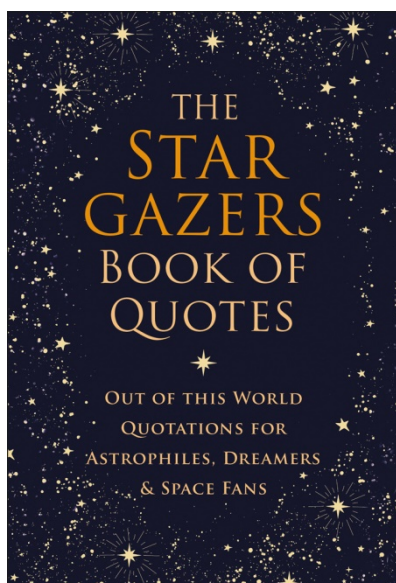
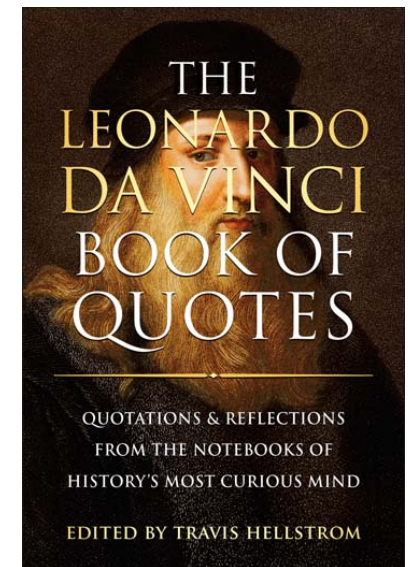
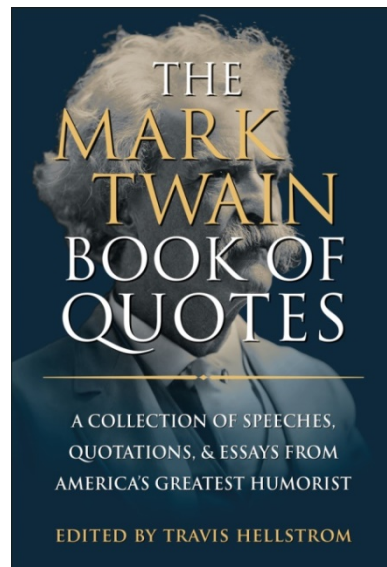
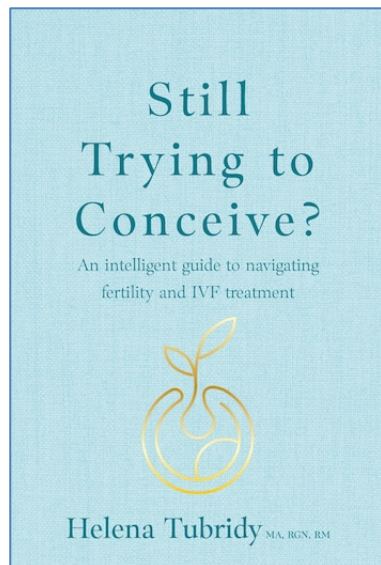
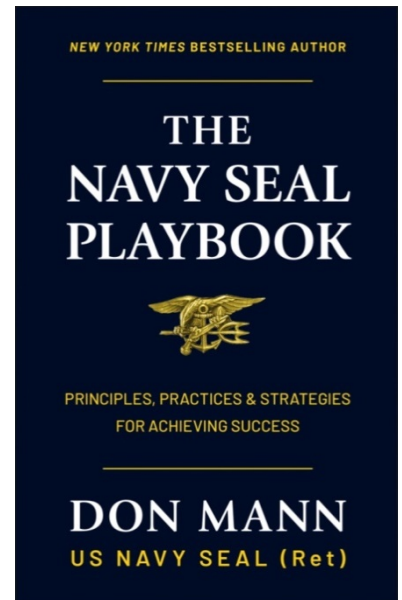
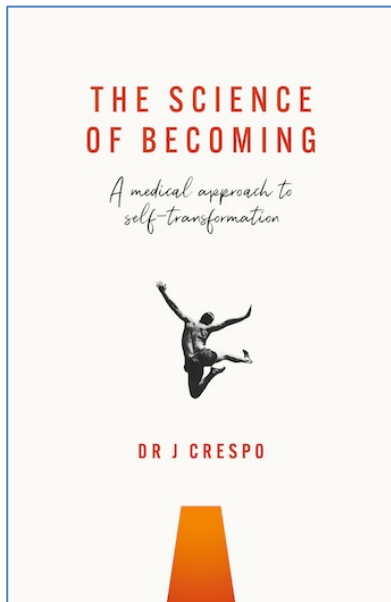
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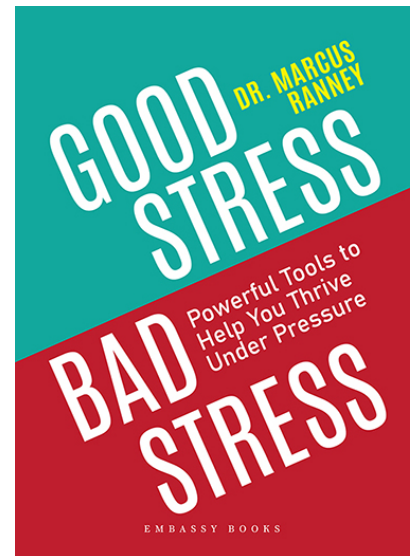
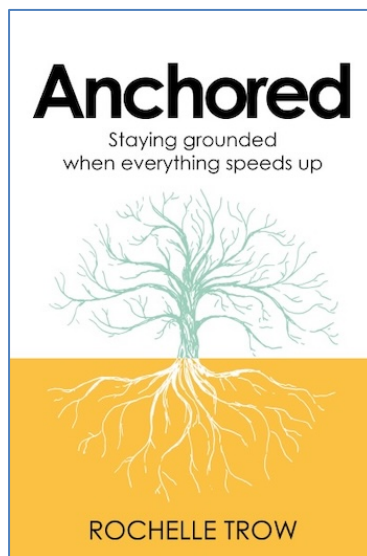
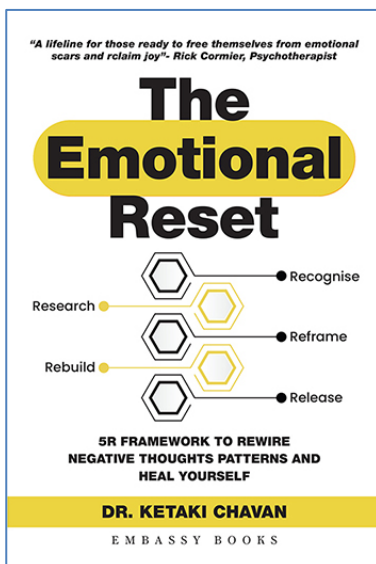
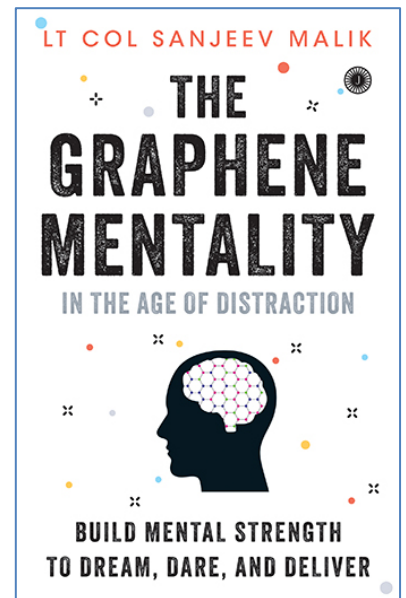
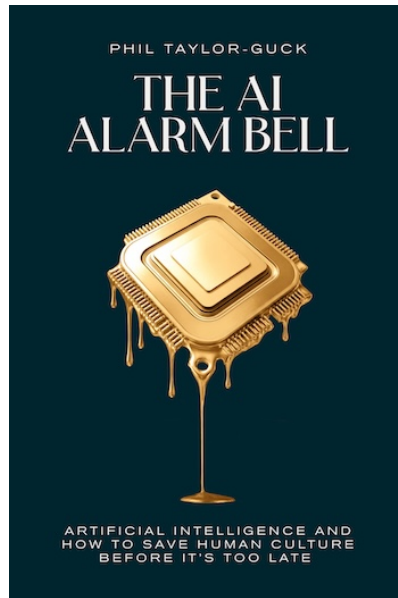
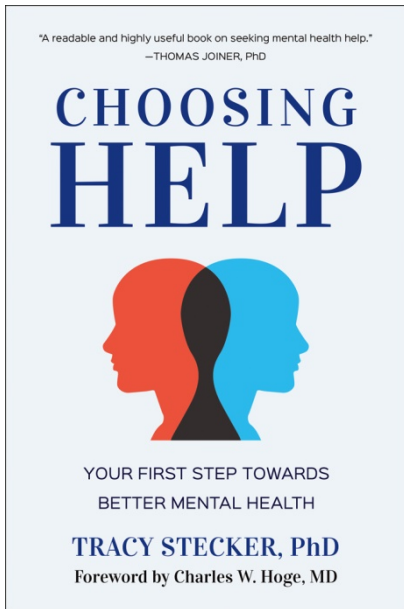
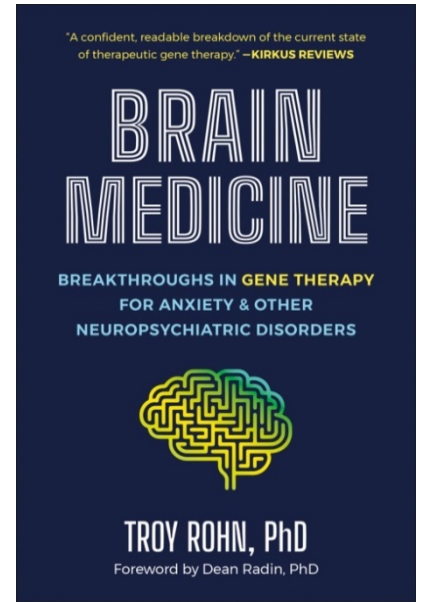
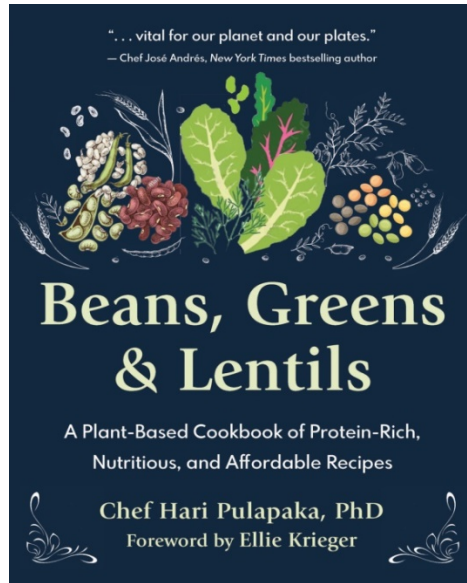
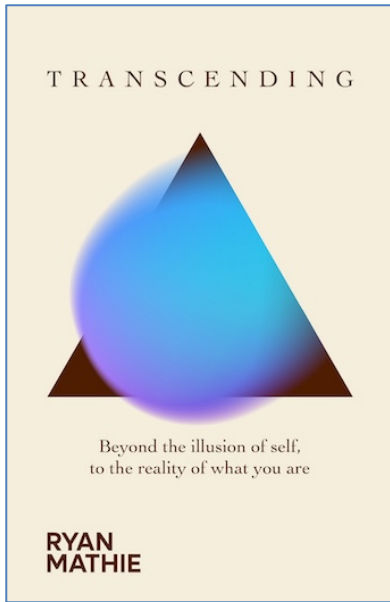
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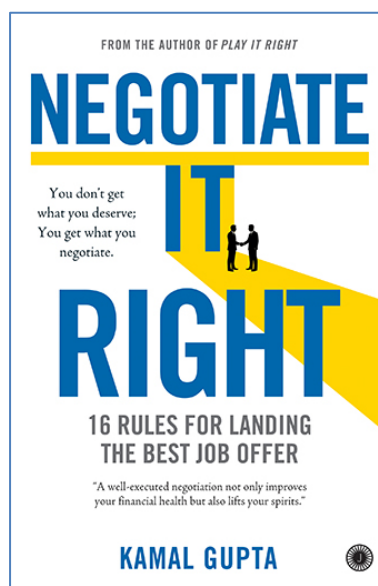
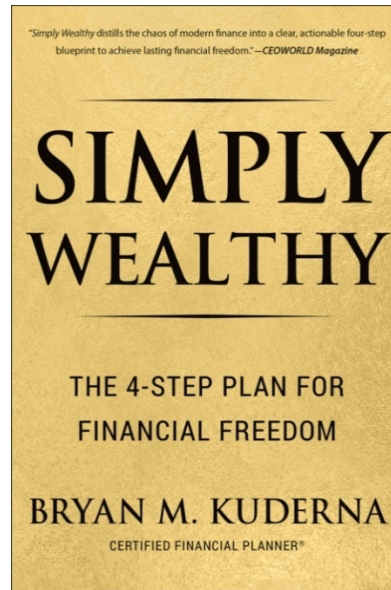
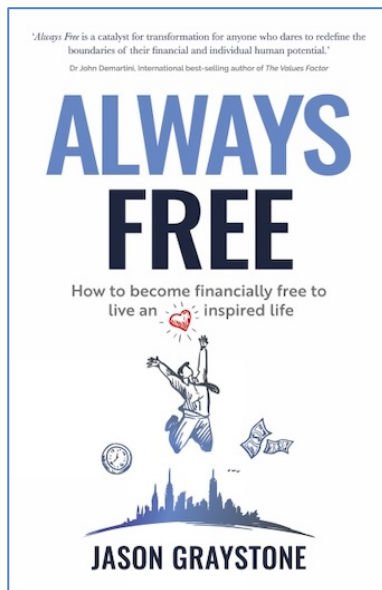
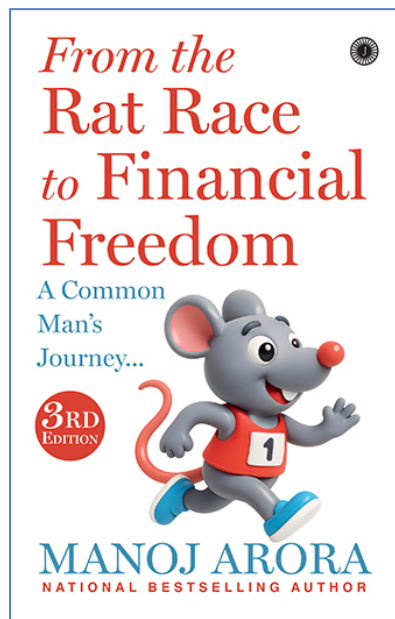
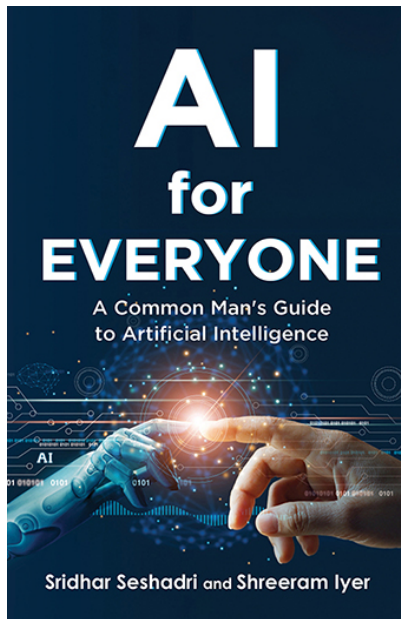
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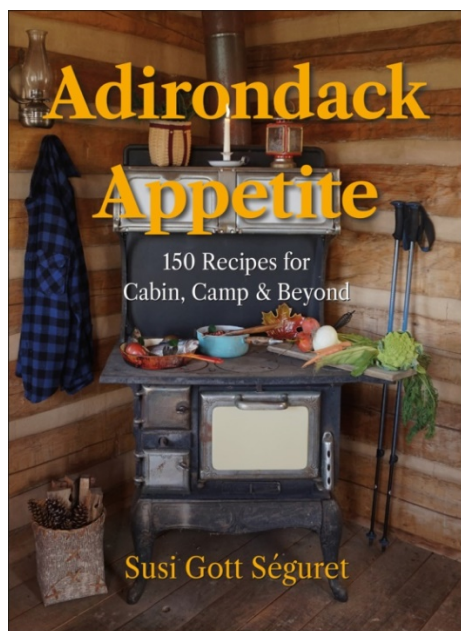
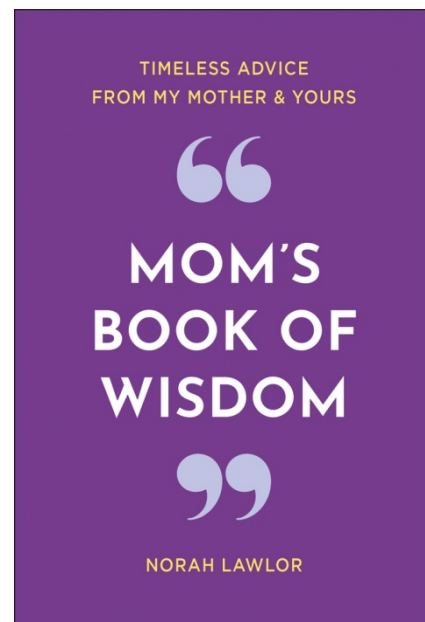
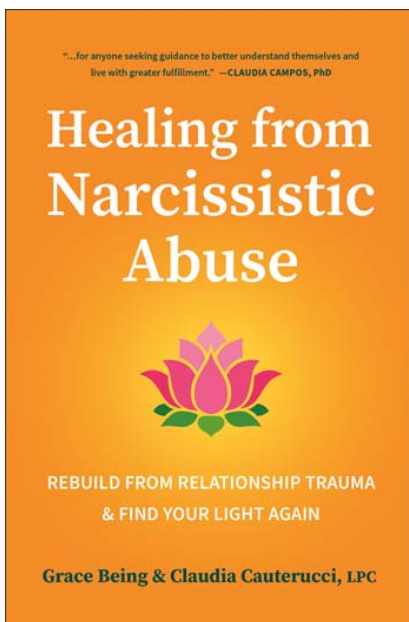
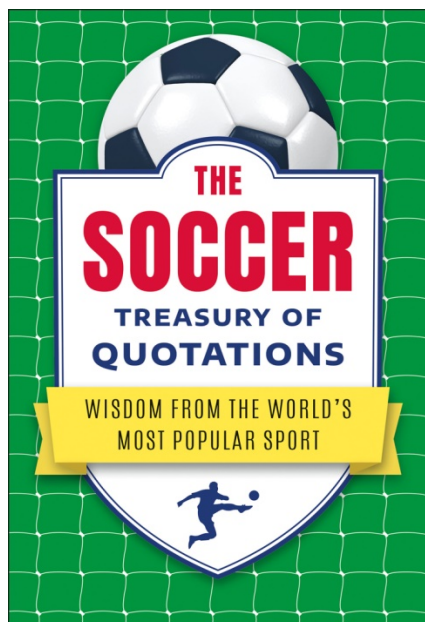










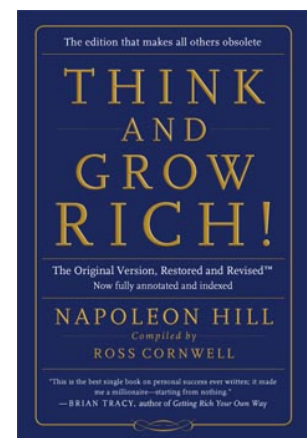
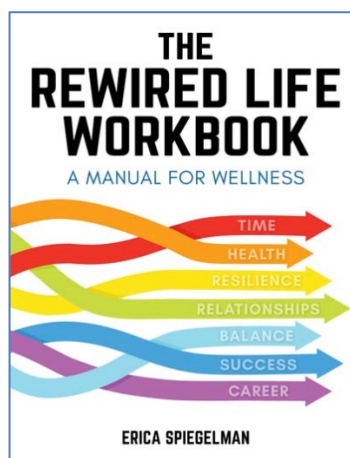
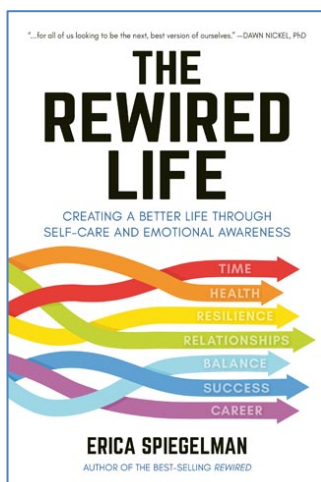
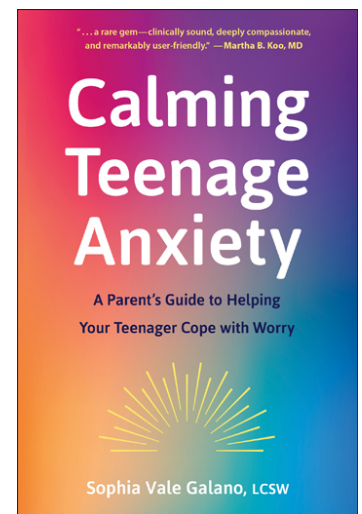
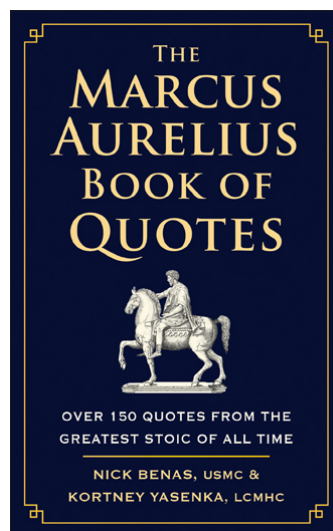
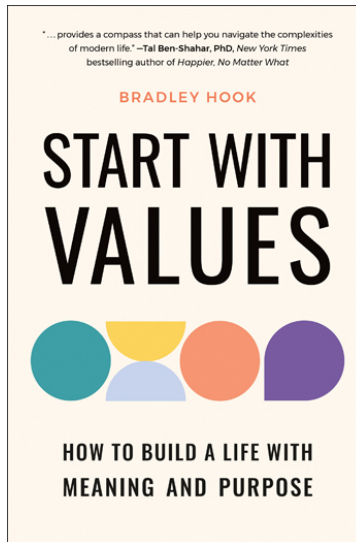
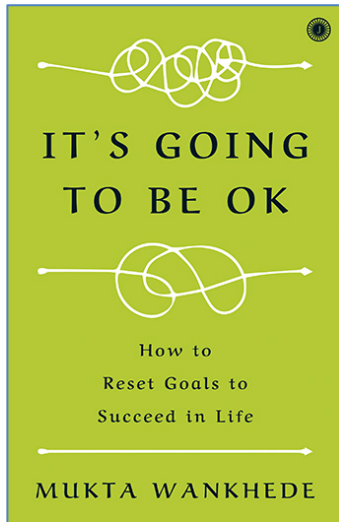


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and bestselling
self-help titles >>*

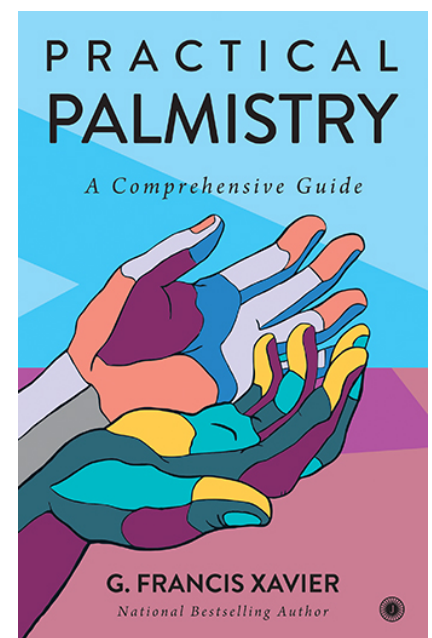
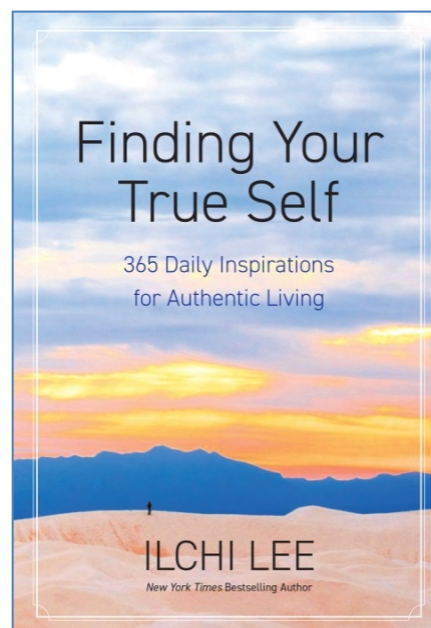
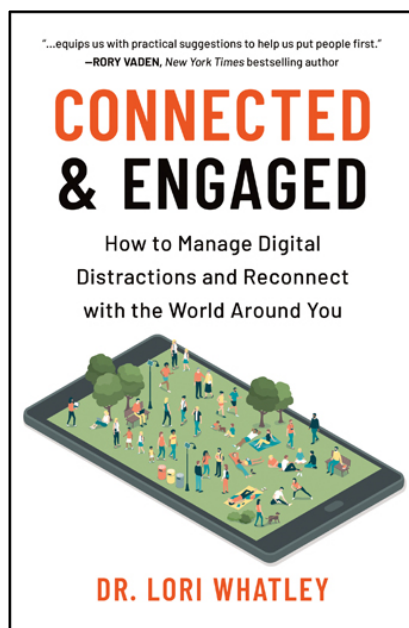
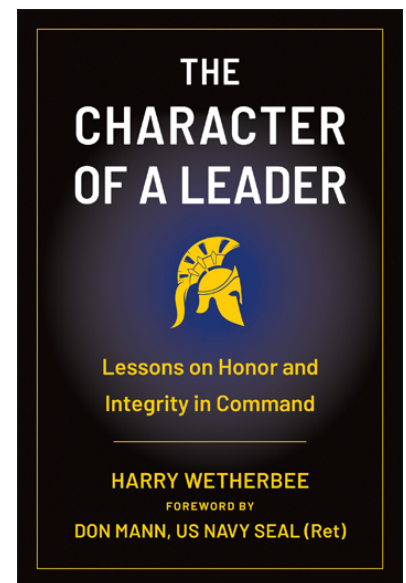
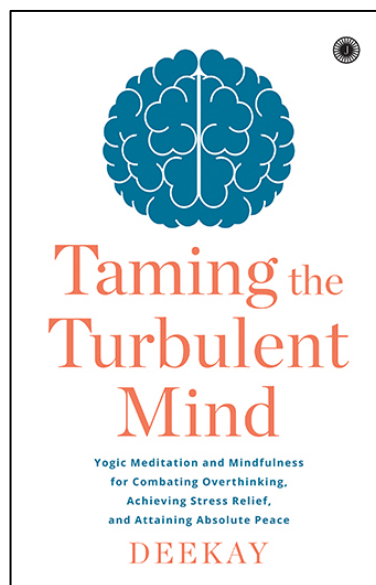
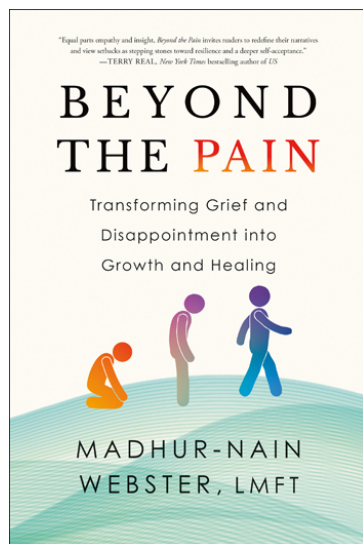
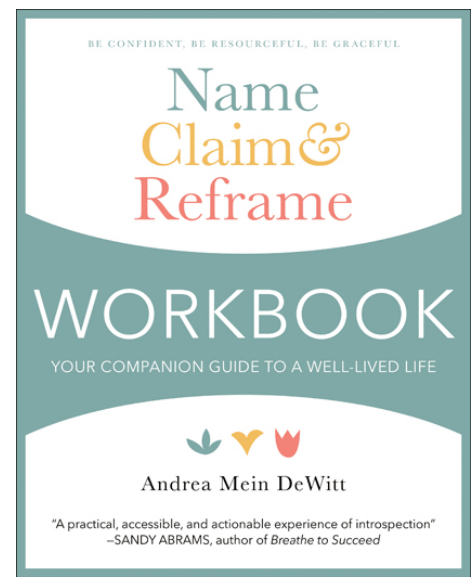
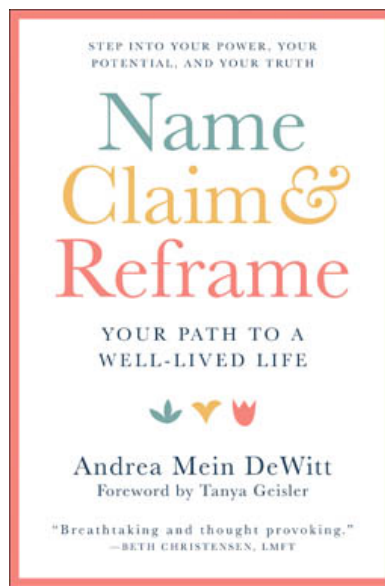
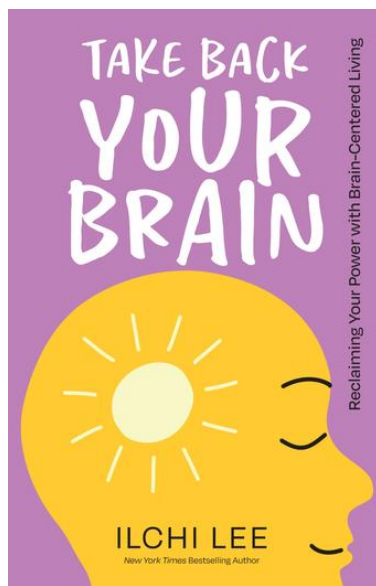


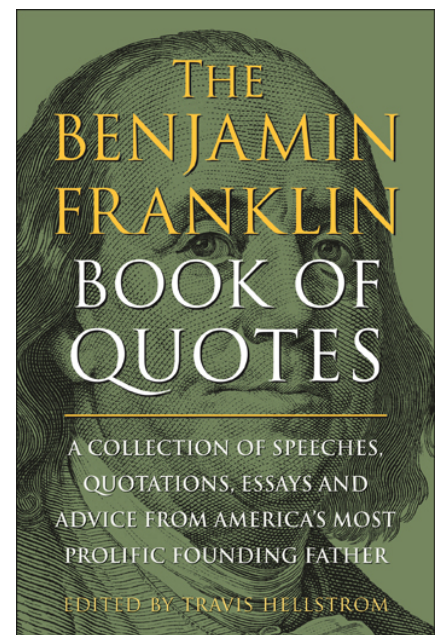
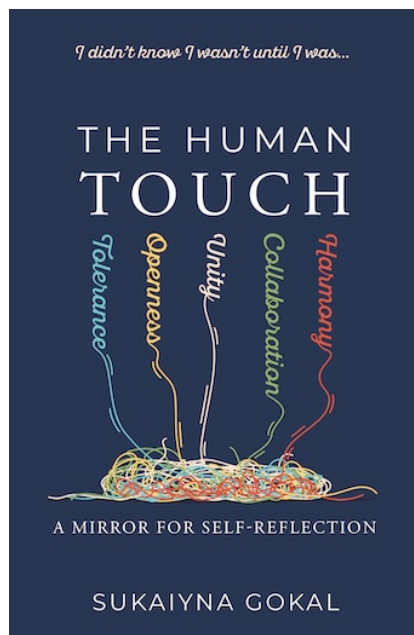
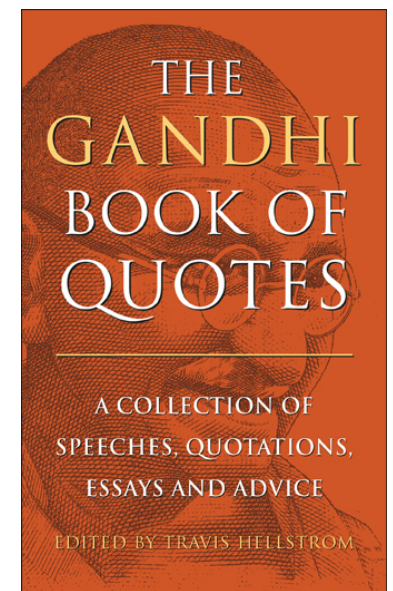
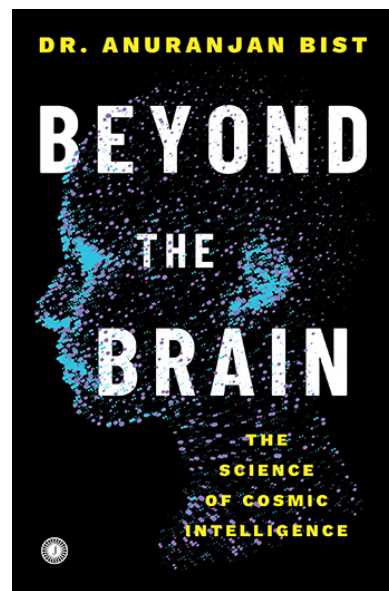
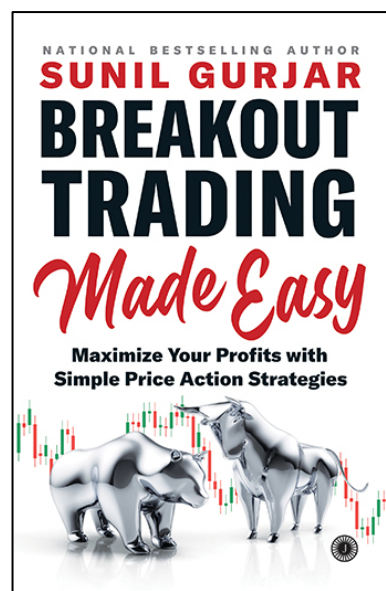
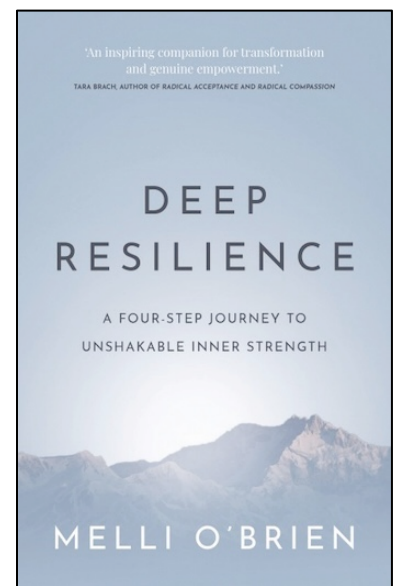
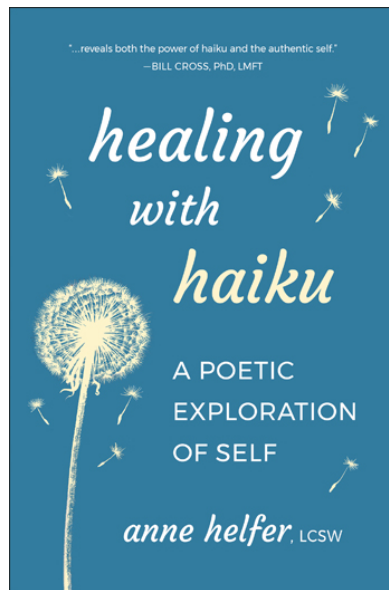
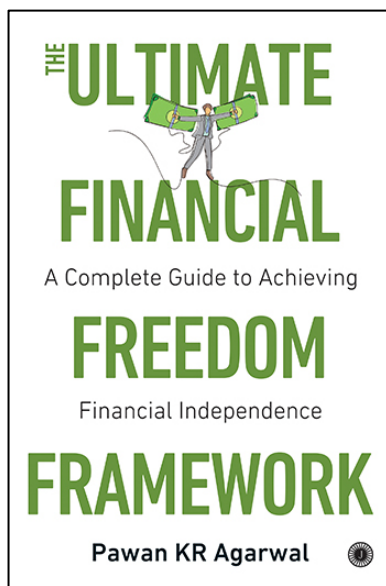
Recent Backlist and Bestselling Titles

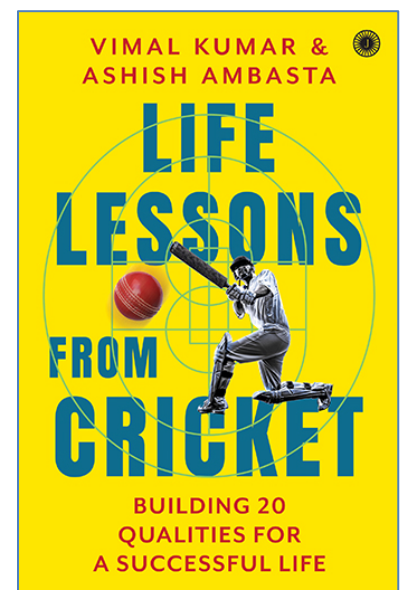
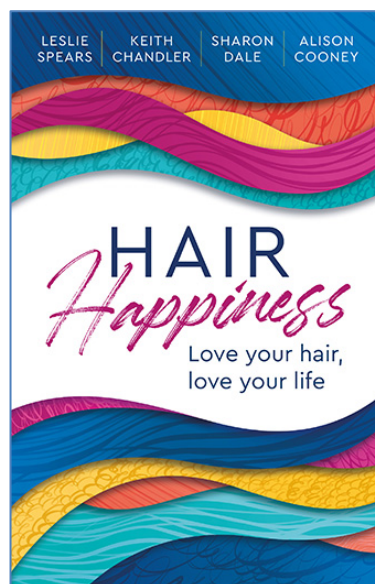
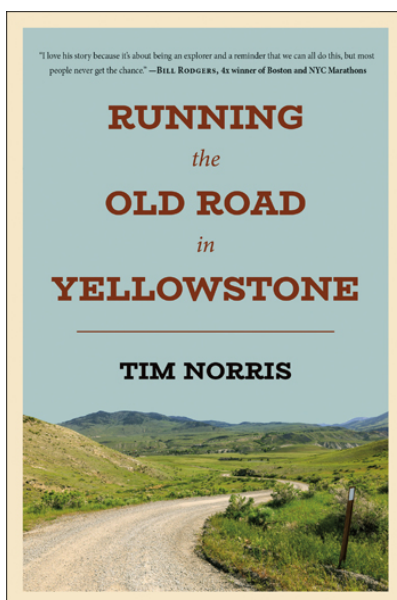
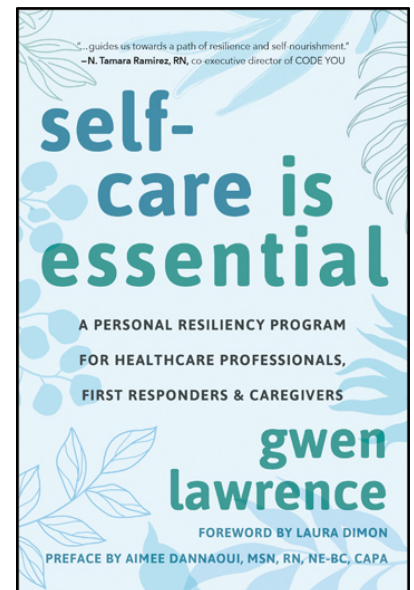
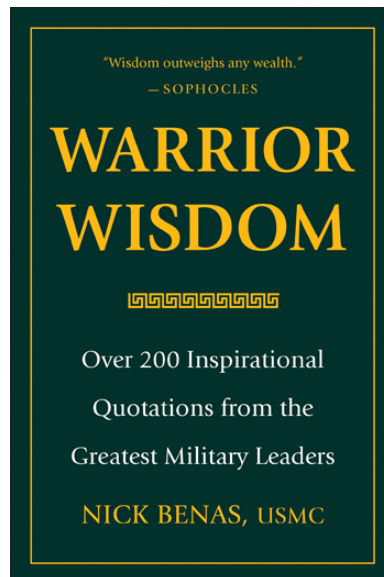
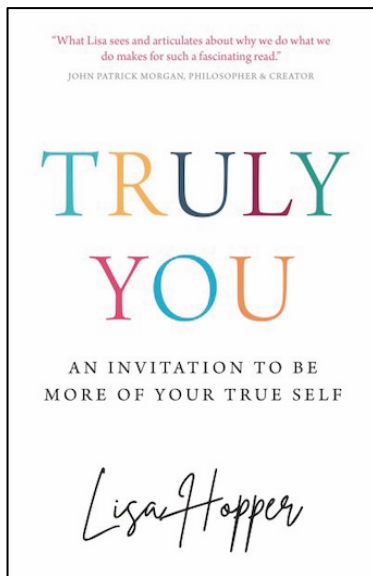
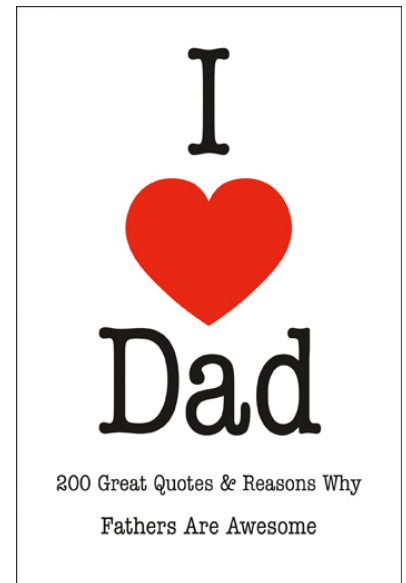
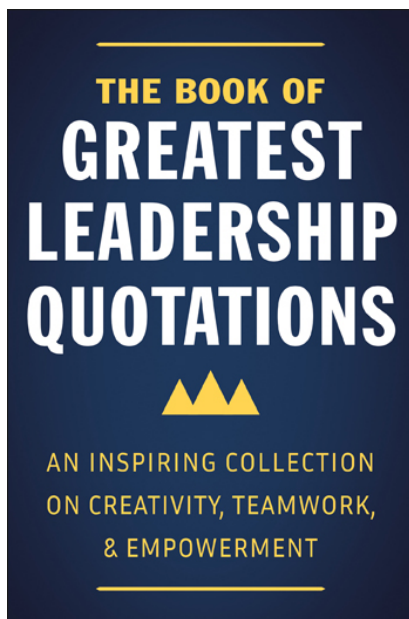
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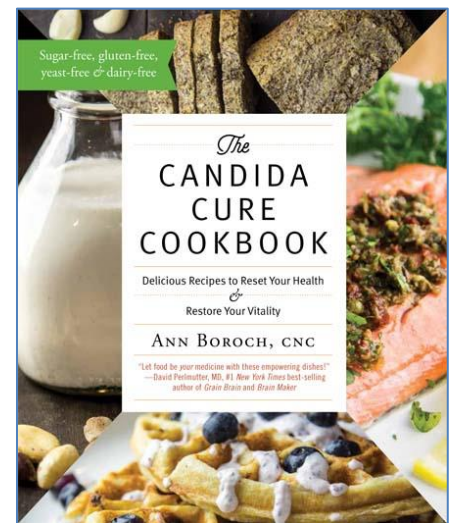
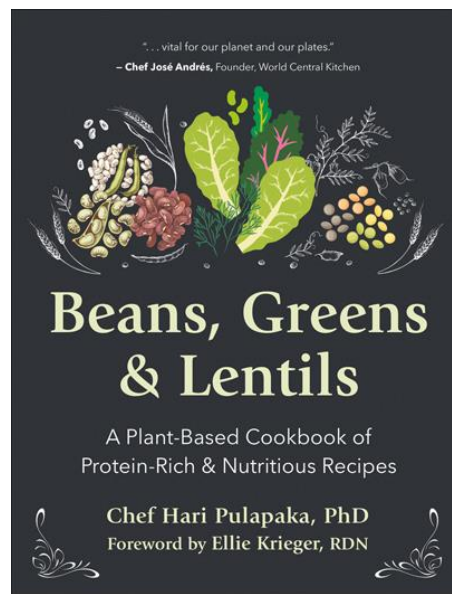
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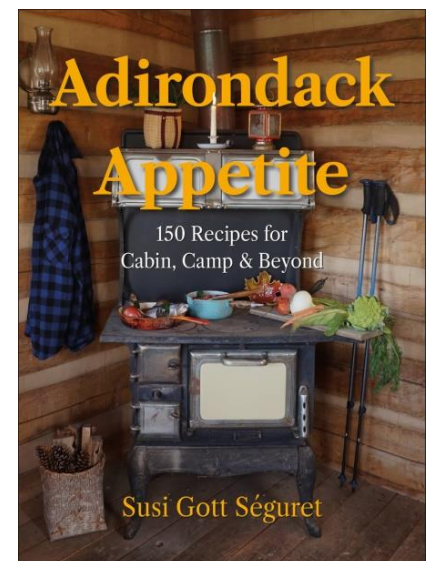
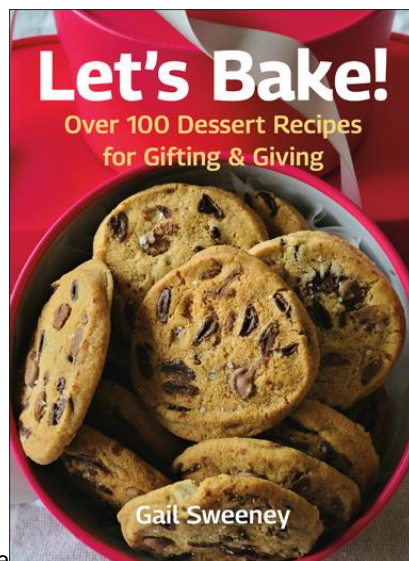
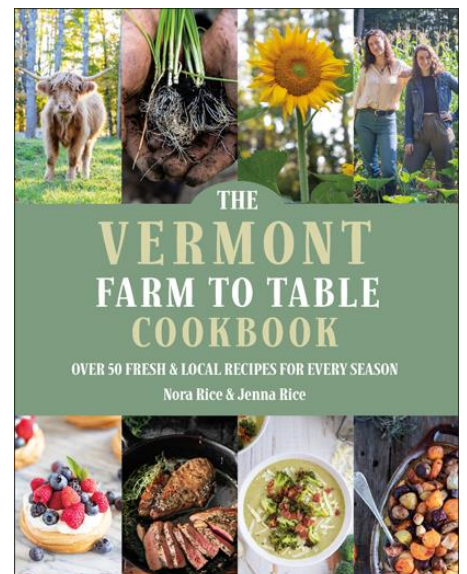
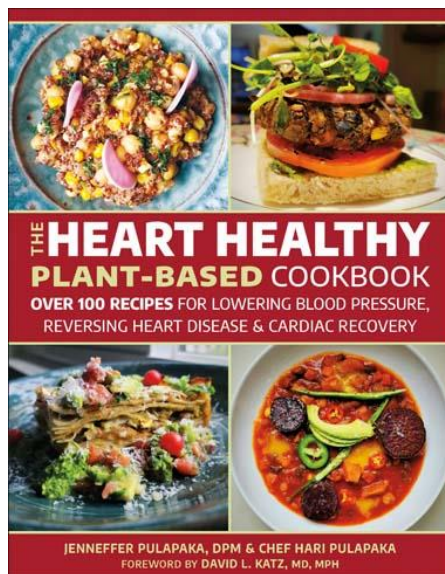


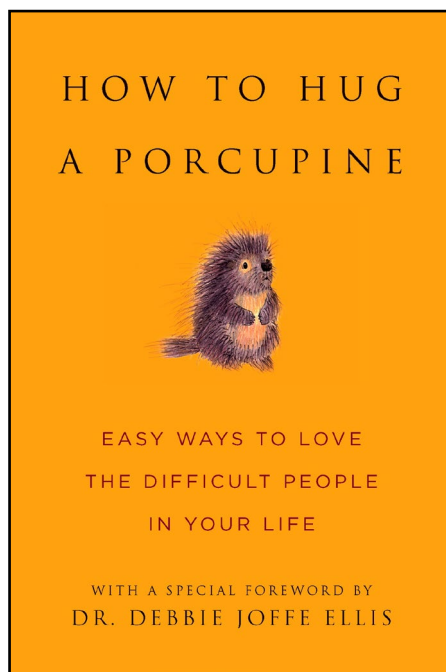


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HOW TO HUG A PORCUPINE

Easy Ways to Love the Difficult People in Your Life

Foreword by Dr. Debbie Joffe Ellis

ISBN: 978-1-57826-293-9 * Hardcover * 4-3/4 x 7-1/8 * 160 pages

Also available as an E-Book and Audio Book.

Published by Hatherleigh Press, Ltd.

Distributed by Penguin Random House.



Over 136,000 copies sold in English

Yorwerth Associates bestseller

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"How to Hug a Porcupine makes change for a lifetime possible. This is a book that can be picked up, enjoyed and implemented at any time. It can be used as a dose of preventative medicine, a first-aid kit, and a healing balm, but more than anything else, it is an effective tool for emotional and mental health and well-being."

—From the foreword of Dr. Debbie Joffe Ellis

Innovative and refreshing strategies for how to love, understand, and communicate with difficult people—at home, at work, and in your community



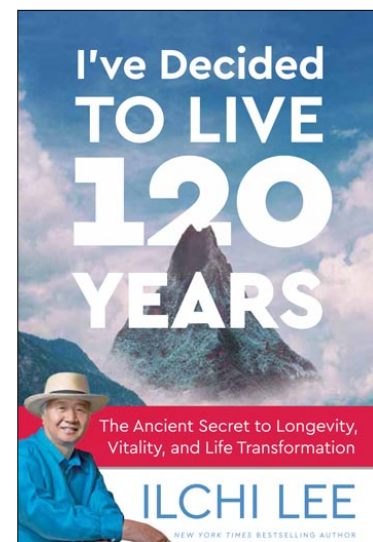
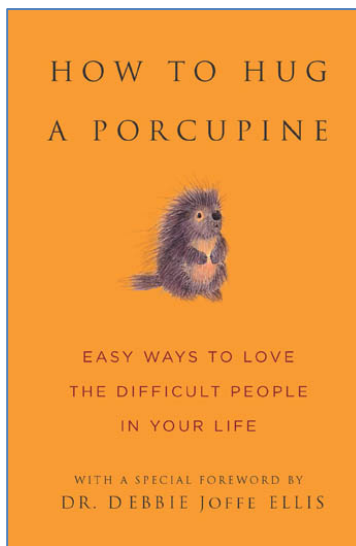
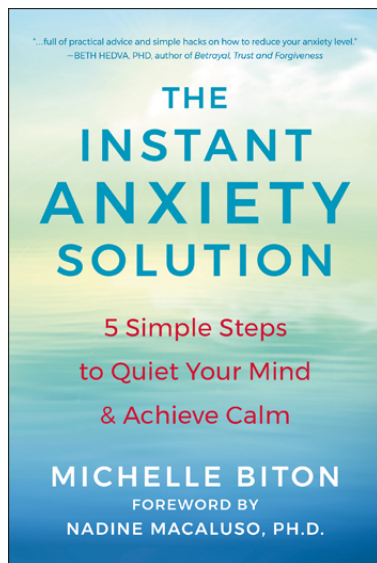
The global best-selling book *How to Hug a Porcupine* is an inspiring and practical guide for anyone struggling with challenging relationships. The book offers a unique perspective on how to handle difficult people and situations with compassion and understanding. The book provides tips for calming the quills of parents, children, siblings, partners, co-workers, friends, strangers, and other prickly people you may encounter.

It has also taken the internet by storm more than a decade since its release. The book has become a recent viral hit on the popular social media platform TikTok with users sharing their own personal experiences of the porcupines in their lives and additional insights after reading it. With its timely message and valuable insights, the book is sure to continue making waves on social media and beyond.

Dr. Debbie Joffe Ellis is a licensed psychologist in Australia and mental health counselor in New York. She is affiliated with several major psychological associations and societies including being a Member of the Australian Psychological Society, and an International Affiliate Member of the American Psychological Association. For several years, she worked with her husband, Dr. Albert Ellis, giving public presentations and professional trainings in Rational Emotive Behavior Therapy (REBT), as well as collaborating on writing and research projects.

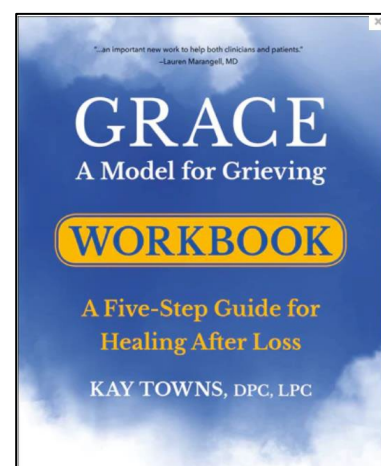
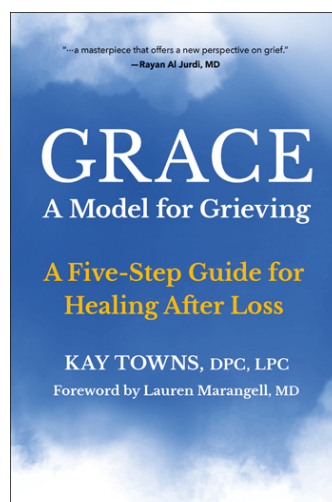
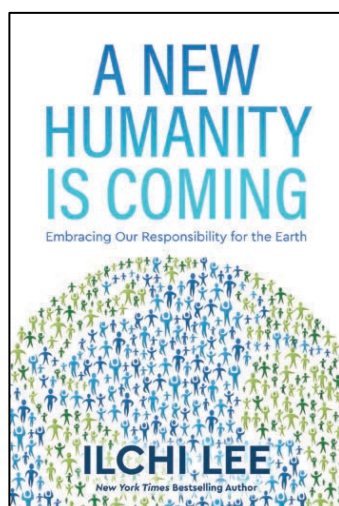
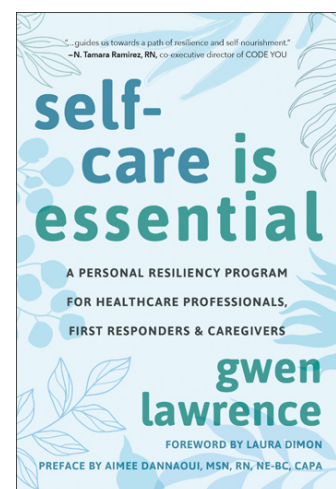
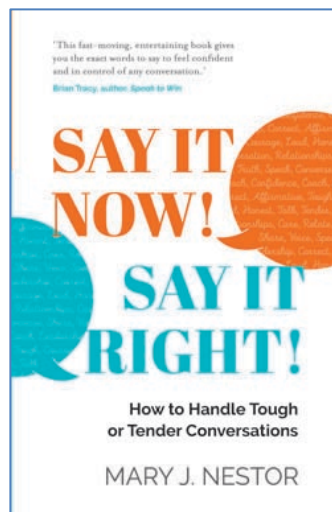
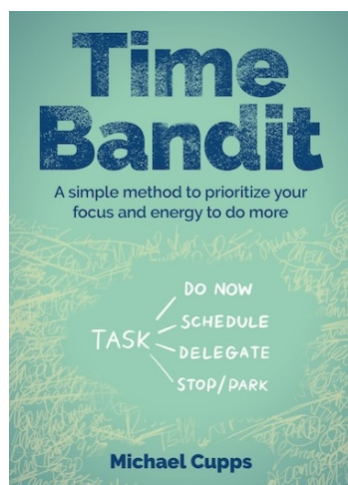
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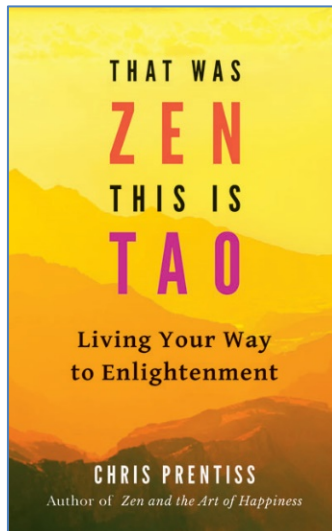
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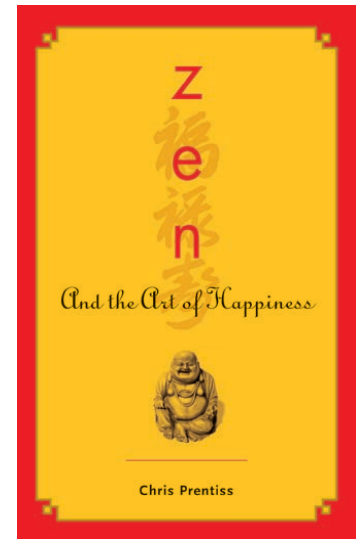
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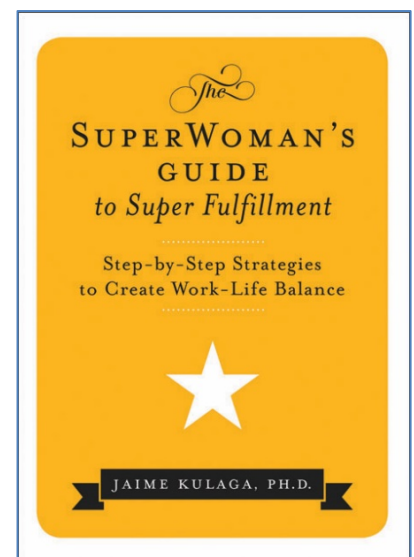
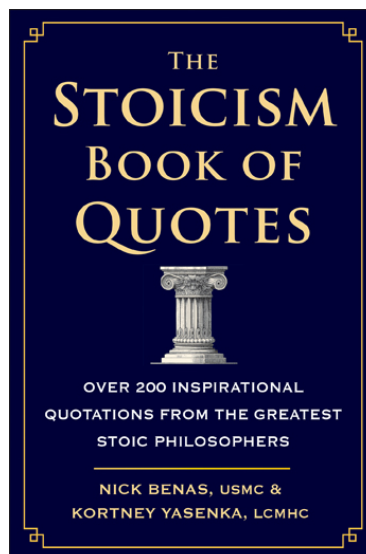
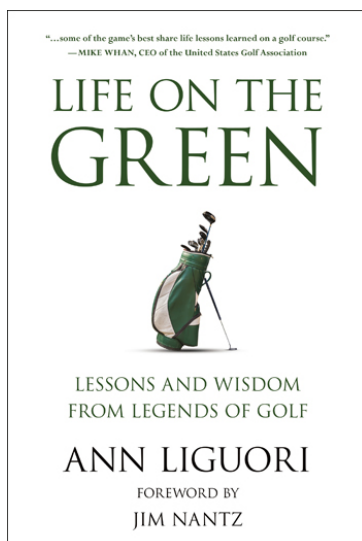
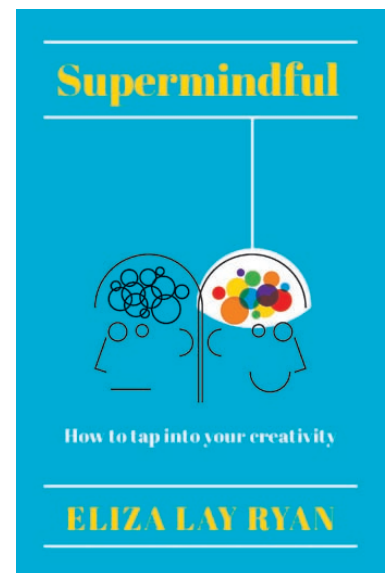
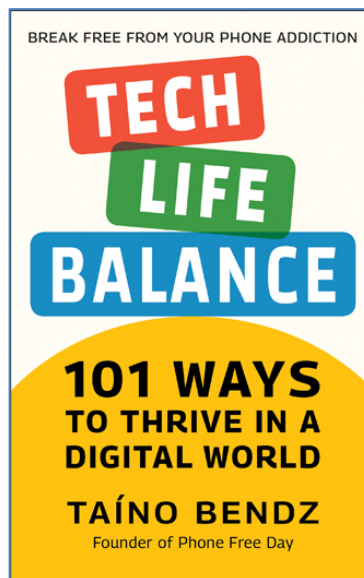
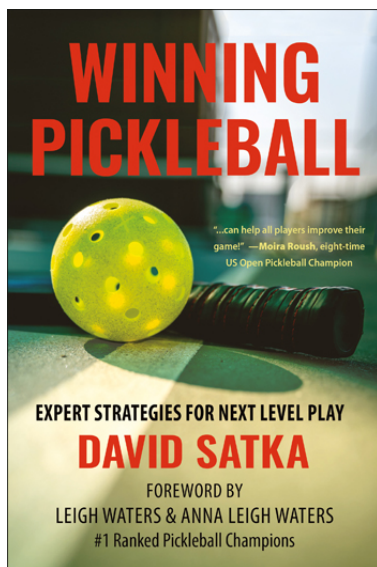




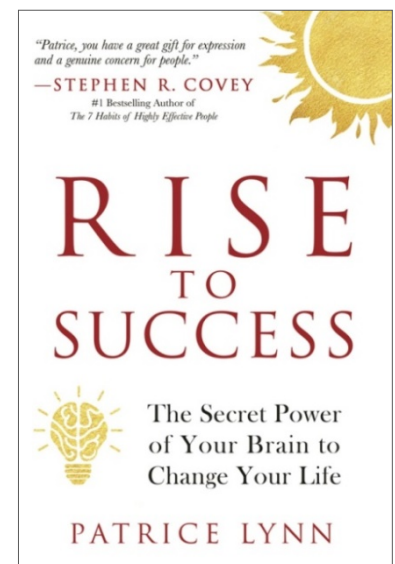
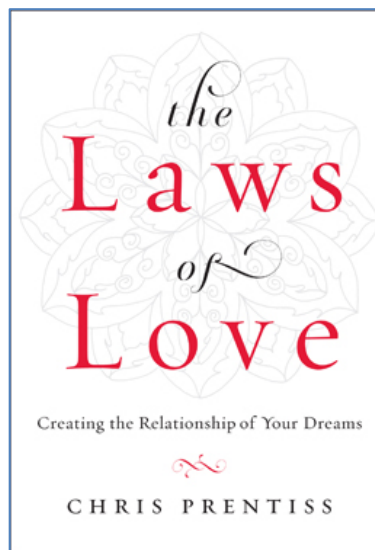
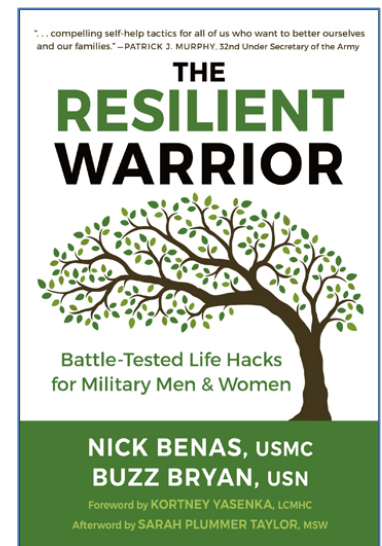
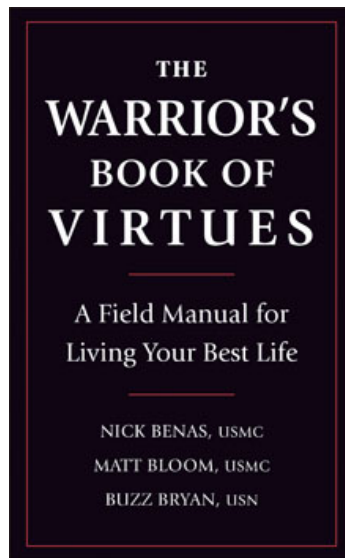
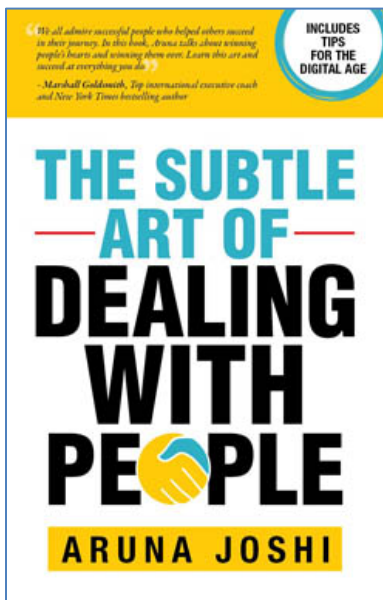
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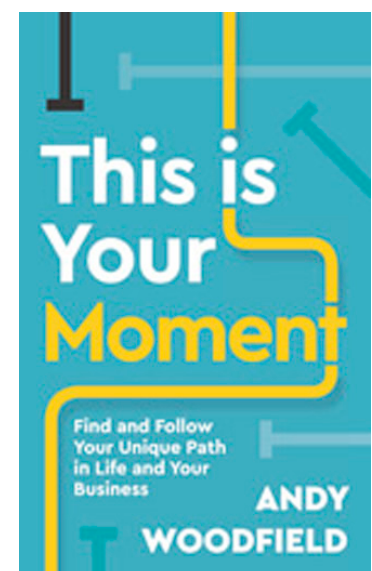
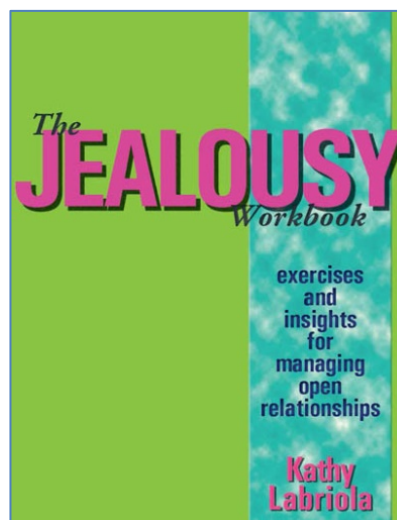
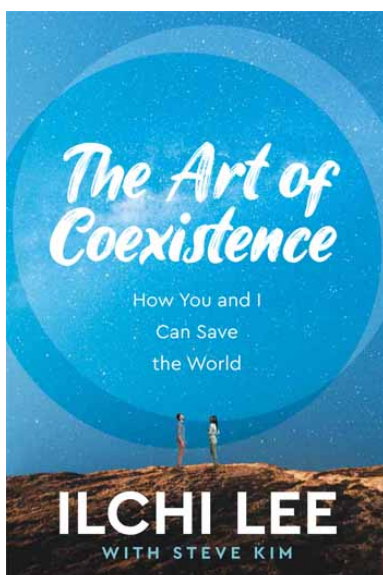
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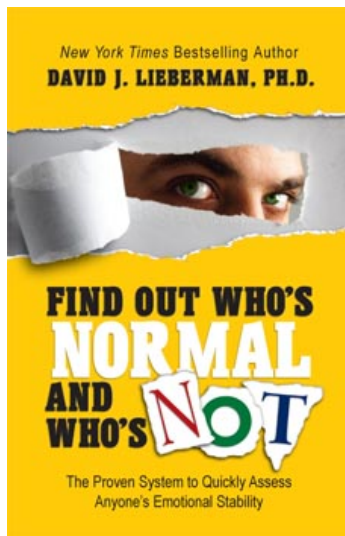


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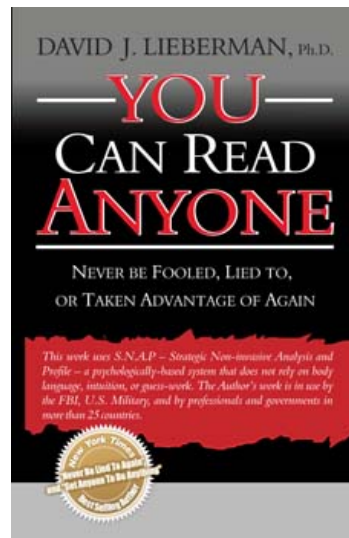


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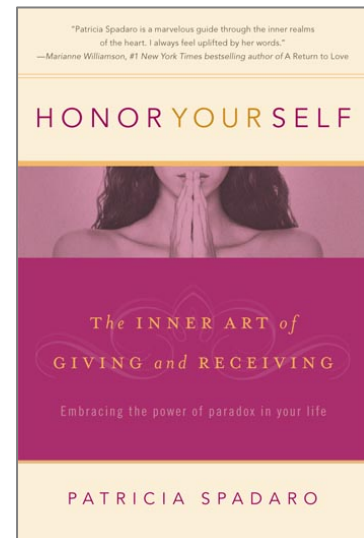




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