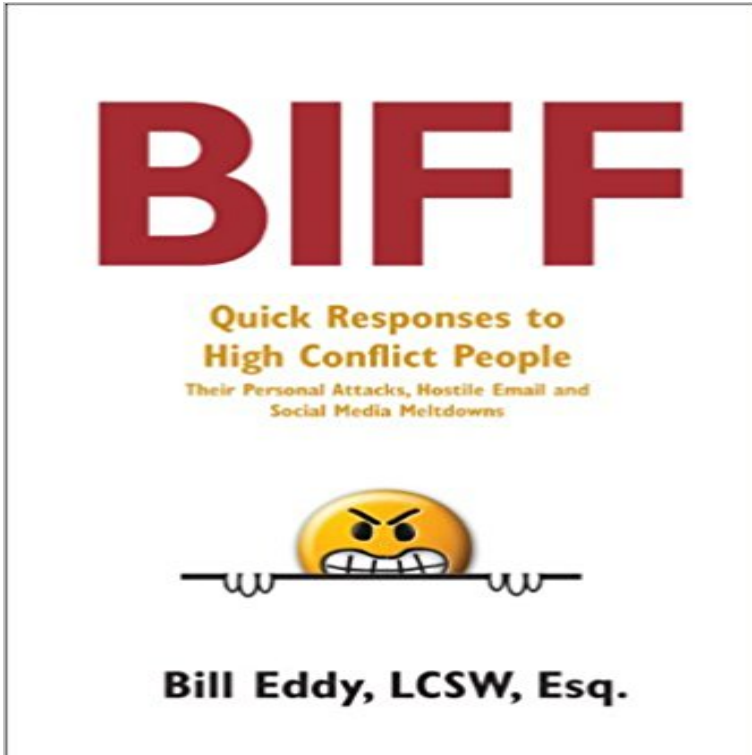


# Biff: Quick Responses to High Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns



We live in an age of rapid change and instant communication. We also live in a Culture of Blame and Disrespect. Managing your responses to high-conflict emails, texts, letters, and social media meltdowns is imperative. A BIFF response can be applied in any communication anywhere - on the Internet, in a letter or in person. It can be used at work, earning you respect and success. It can help you get along with difficult family members, friends, neighbors and others anywhere in your life. BIFF was designed to protect you and your reputation by responding quickly and civilly to people who treat you rudely - while being reasonable in return. BIFF stands for Brief, Informative, Friendly and Firm. A BIFF response is easy to remember, but hard to do. It takes practice! This little book gives over 20 examples of BIFF responses for all areas of life - plus additional tips to help you deal with high-conflict people anywhere. See if you can do a BIFF! Not everyone can.

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Eddy is an attorney, mediator and therapist, and the author of several books including BIFF: Quick. Responses to High Conflict People, Their Personal Attacks, Hostile Email and Social Media. Meltdowns, from which this is partially excerpted, and Its All YOUR Fault! **Biff: Quick Responses to High Conflict People, Their Hostile Emails** BIFF: Quick Responses to High Conflict People, Their Hostile Emails, Personal Attacks and Social Media Meltdowns by Eddy, Bill (5/1/2011) [aa] on **PDF BIFF: Quick Responses to High-Conflict People, Their Personal** Buy Biff: Quick Responses to High Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns: Read 45 Kindle Store Reviews **Biff: Quick Responses to High Conflict People, Their Personal** Biff: Quick Responses to High Conflict People, Their Hostile Emails, Personal Attacks and Social Media Meltdowns: Bill Eddy: 9781936268351: Books **BIFF: Quick Responses to High-Conflict People, Their Personal** Booktopia has BIFF, Quick Responses to High-Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns by Bill Eddy. **ePub BIFF: Quick Responses to High-Conflict People, Their** Buy BIFF: Quick Responses to High Conflict People, Their Hostile Emails, Personal Attacks and Social Media Meltdowns on ? FREE SHIPPING on **Biff: Quick Responses to High Conflict People, Their Hostile Emails** Buy Biff: Quick Responses to High-Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns by Bill Eddy (ISBN: 0884685552203) from **[PDF] BIFF: Quick Responses to High-Conflict People, Their** However, some people have a greater predisposition to high conflict behavior. In his book, BIFF: Quick Responses to High Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns, Bill Eddy, **BIFF Response at Work - EEOC Training Institute** The High Conflict Institute has taught the BIFF Response method for over 7 years and it is changing the The BIFF Book: Quick Responses to High Conflict People, Their Personal Attacks, Hostile Emails and Social Media Meltdowns.