



Love Letters To Bookworms | Liebesbriefe an Bücherwürmer

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Reading time 2 min 45 sec

Ugh, my lovely Bookworm!

You're just trying to have a nice holiday meal. You've almost made it past the evening meal and dessert without devolving into a political debate or odd family antics with repeated drama, but then you hear it...

That dreaded dinner table moment.

Uncle N. (There's always an old nagging uncle...) just said something that goes against *everything* you believe in, stand for and value deeply. Suddenly, instead of peacefully sipping your herbal tea with honey, you feel springloaded to jump down his throat.*

WHAT DO YOU DO!?!

- A) Call him out and risk ruining the holiday?
- B) Brush it off but sacrifice your values?
- C) Swear off family get-togethers forever?
(*This is starting to sound pretty good...so keep on reading.*)

Before you commit to 'A' or 'B' or 'C', you may ask:

“Claudia, is there help to solve that dilemma once and for all?”

I'll let you into my life-altering experiences, my lovely Bookworm!

Especially in today's world, there is SO much fodder for debate, disagreement, and polarization. It's tempting to sort people into "good" and "bad" buckets based on their beliefs and just avoid the "bad" ones for good. (Spoiler: It's impossible.)

But if we ever hope to help make the world a better place for all of us, we need to ditch that binary thinking and learn a better, more nuanced way to connect and communicate.

Can we disagree with random people or people we love — without ruining family gatherings or relationships?

Yes, we can perfectly agree to disagree. Often it's not what we disagree on, it's how we disagree that matters.

Here's what I HAD to learn in an uber-painful way when I was a kid:

- Know your worth and identify your core values (your beliefs, your moral compass, your do's and don'ts).
- With knowing your clear core values, there will be certain behaviours you won't tolerate in yourself and others.
- Don't let others over-criticize you to keep you small, try to manipulate you into doing what they want and devalue you and your emotions.
- Learn to set clear boundaries and communicate them consistently in a calm and clear manner. Don't over-explain. Don't blame. Don't become defensive. "No" is a complete sentence.
- Appreciate your needs and emotional and physical health — don't compromise on them.
- Decide which topics and behaviours (red flags) are "off-limits."
- Be a peacemaker without being a pushover.
- Limit the time you spend with people you strongly disagree with and if all fails cut ties.

Remember —

The only thing in this life that you have control over is yourself: your thoughts, your reactions, the way you want to feel in this world and the environment that you ultimately create for yourself.

However, negative people — whether they are toxic family, abusive friends, dangerous lovers, or problem clients & colleagues — idealize, devalue, and discard — and change their victims but not themselves.

Anything that costs your peace is too expensive.

With grace, compassion, and strawberry cake, you can stay true to yourself and connected to others.

Have an outstanding week, 23rd of April is my birthday (yeah!!!) and I'll talk to you again soonish.

'Til next week.

Sending you all my love 💕

xoxo

Claudia — your global book publishing co-pilot

*He hasn't been around for 30+ years in my life but still knew how to make me feel shitty. I'm not proud to confess I did scream at the top of my lungs at 1:30 in the morning. So, are you wondering how I felt? The answer: TERRIBLE! Just how he and I knew I'd feel. It was very hard not to respond with everything I thought to defend myself and tear him to shreds. I need to make peace with my emotions once and for all and have to exercise even more discipline when it comes to 'old baggage'.

PS: Did you discover my April Fools' joke on Twitter or did you fall for my prank? [CLICK HERE to see it.](#) Are you following me on Twitter? [Add me](#) while you're over there.



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