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## A simple answer to a healthier, more productive life Philosopher, Author & Speaker, MoriEl Randolph, tells What To Do When People Get on Your Nerves



Most of us experience, at one time or another, aggravation or stress due to something or someone "getting on our nerves," but what exactly can we do about it, and how much of an effect does it literally have on our nervous systems?

"Though there are many books and other resources that teach us how to handle difficult people, the solution simply comes down to getting back to basics," says MoriEl Randolph, author of [What To Do When People Get on Your Nerves](#). "Developing one's ability to maintain control within one's own life, regardless of the negative or disruptive things people say or do, is the key. It can be done and it's simpler than most may think."

In both her books and workshops, Randolph teaches:

- The two qualities that determine how adversely others will affect us.
- How to alleviate unnecessary stress and agitation that can result from dealing with difficult people.
- How to maintain control within one's own life, regardless of the actions of others.

**Bio:** Born in Bethesda, Maryland, 1956 - Author and Philosopher, MoriEl Randolph is an expert on personal growth and development, and key speaker for the [FreshView Seminar & Workshop Series](#). She provides online Consulting and Life Guide services for [AnswersOfInspiration.com](#), and also serves as a community minister for Fresh Light Ministries.

Randolph is President of the youth development and performing arts nonprofit organization [Teens Express](#), and has taught and served youth, families, faculty and staff for over a decade through various seminars and workshops. A student of Judeo-Christian Philosophy and human behavior for over 25 years, Randolph continues to commit her life to teaching and inspiring others through various training programs and resources, including her online Ezine and Blog found at [tips2liveby.com](#).

### Suggested TOPICS for Discussion:

- **What To Do When People Get on Your Nerves**
- **How to find out if you Really Care about Other People**
- **How much Control Do We Truly Have Over Our Lives**
- **3 Steps To Making Sure Your Marriage Will Last**
- **How any Parent can Reach and Develop a Healthy Relationship with their Teenager**

Online Press Kit (media): [www.freshviewonline.com/mediakit.htm](http://www.freshviewonline.com/mediakit.htm) - images, story ideas, etc.

### Suggested Questions for MoriEl Randolph

1. What can we do when people get on our nerves?
2. In your seminar you give 7 rules that you guarantee (if applied) will prevent others from having a negative effect on us, what are they?
3. Why does your book focus so much on the person being provoked instead of the person causing the provocation?
4. You say "we need to focus less on how nice we are and more on honesty." What's wrong with being nice?
5. Concerning the chapter in your book titled, "Put Out," and what you wrote regarding Sentiment, do you believe there is never a need for sentiment?
6. You teach that when it comes to loving humankind, we should replace the word love with the words "Caring Concern." Why is that? And how would you describe Caring Concern?
7. As mentioned in your introduction, you provide life guide services. What exactly is a Life Guide?

**Also see sample Q&A at [www.freshviewonline.com/mediakit.htm](http://www.freshviewonline.com/mediakit.htm)**