



Don't Call Me "Bev"! Things That Work My Last Nerve

Beverly D. Washington

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Have you ever sat on a train next to someone screaming into his or her cell phone? Encountered someone spitting on the sidewalk just as you walk by? Or met an individual who makes up a nickname for you and uses it constantly, despite your dislike of it.

Beverly Washington's *Don't Call Me "Bev"!* comes to the rescue with "rudeness survival tips," encouraging us to deal constructively with rudeness. After all, the author says, "If we don't address these annoyances, we will internalize the frustration, and that can lead to stress." Beverly advises us to be proactive in such situations, but without retaliation. She tells us how to gracefully take control!

The motivation for *Don't Call Me "Bev"!* came from day-to-day experiences in which Ms. Washington noticed that some individuals are oblivious to the need for societal courtesies. She realized that certain people use rudeness as a way to get what they want, or, conversely, as a way of avoidance. The author eventually came to the conclusion that such individuals will try to get away with as much as they can and it's up to the rest of us to try and stop them from doing so. We must protect ourselves physically, psychologically, spiritually, and emotionally.

Beverly Washington has a clear, strong message: it's critical to speak up, to let go, and, in some cases, to move on. We can maintain a healthy sense of self by deciding how much we are willing to take from others. As the author succinctly puts it in the title of her book, *Don't Call Me "Bev"!*

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From reader reviews:

Linda Hupp:

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite book and reading a publication. Beside you can solve your short lived problem; you can add your knowledge by the publication entitled Don't Call Me "Bev"! Things That Work My Last Nerve. Try to make the book Don't Call Me "Bev"! Things That Work My Last Nerve as your pal. It means that it can to get your friend when you feel alone and beside regarding course make you smarter than ever before. Yeah, it is very fortunated to suit your needs. The book makes you much more confidence because you can know every little thing by the book. So , let us make new experience in addition to knowledge with this book.

Ronald Hill:

Spent a free time and energy to be fun activity to complete! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Might be reading a book can be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to test look for book, may be the reserve untitled Don't Call Me "Bev"! Things That Work My Last Nerve can be good book to read. May be it might be best activity to you.

Leonard Palmer:

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