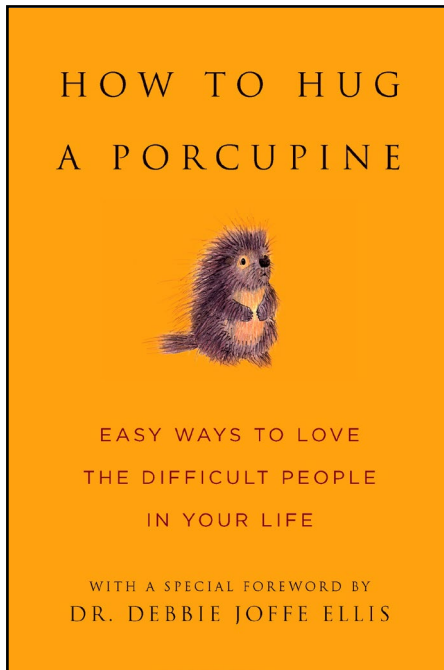


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Foreword by Dr. Debbie Joffe Ellis

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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. It's available worldwide and has been translated into several languages.

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