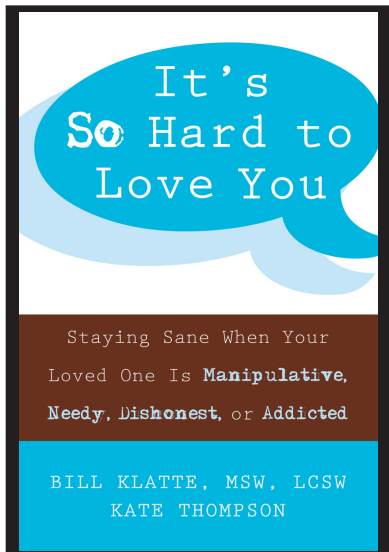


**“Do you know someone who is hard to love? Do you get frustrated with that person at times? Maybe often? Are you feeling worried, afraid, angry, or sad? If so, *It’s So Hard to Love You* can help.”**

—Bill Klatte & Kate Thompson



Most of us have at one time or another had someone in our life that we cared about, but who was in some way difficult to deal with: a partner with an addiction or personality disorder, a friend who is stuck in her life and can't seem to move on, a son or daughter who we feel is making the wrong choices in life, or a family member who seems to gain comfort out of constantly dragging us into their personal drama. Most of the time, we don't want to kick our loved one out of our life altogether, but we have a hard time finding the middle road in our relationship with them. Just because a loved one has a problem doesn't mean we don't still love them.

In ***It's So Hard To Love You***, the brother-and-sister writing team Bill Klatte and Kate Thompson offer a program for anyone who feels anguished by loving a difficult person but wants to maintain a sane relationship with him or her. The book addresses "troublesome loved ones" who:

- \* Break promises and don't complete tasks.
- \* Manipulate
- \* Lie
- \* Lose their temper.
- \* Are critical or negative.
- \* Break the law
- \* Choose "bad" friends and partners
- \* Engage in risky behavior (excessive drinking, drug use, eating disorders)

***It's So Hard to Love You*** will help readers become aware of the negative effects their loved one's behavior is having on their lives, and learn to accept that their loved one will probably never change. The authors then help them shift their focus from changing the difficult person to changing *their reaction to them*. Once readers learn to relate to the difficult loved one on their own terms, the book helps them find ways to deal with possible negative reactions that might arise from the new dynamic of the relationship.

**NEXT: About The Authors**

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Earlita Chenault, 510-652-0215, ext.142, [earlita@newharbinger.com](mailto:earlita@newharbinger.com)**

**IT'S SO HARD TO LOVE YOU: Staying Sane When a Loved One Is Manipulative, Needy, Dishonest, or Addicted  
by Bill Klatte, MSW, LCSW, and Kate Thompson, ISBN-10: 1-57224-496-8, ISBN-13: 978-1-57224-496-2  
\$14.95, 6 x 9, 192 pages; Published in July 2007  
New Harbinger Publications, 800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)**

## About the Authors

Photo By Maynard McKillen - Willowbrook Studio



**Bill Klatte, MSW, LCSW**, has been a psychotherapist and social worker for 30 years. He's currently a psychotherapist at the Medical Associates Health Centers in Waukesha, WI, and has counseled thousands of individuals, families, and groups. He frequently gives presentations, workshops, and seminars to professionals as well as laypeople on such topics as parenting, child abuse prevention, and self-growth.

Photo By Peter Baumgarten



**Kate Thompson** is a writer, educator, literacy consultant, and editor. She has operated four community programs in her local area, and currently works as a counselor for the sexual assault program she founded and developed in Toronto, ON, Canada.

## Suggested Interview Questions

1. Could you describe what you mean by a hard to love - or "troublesome" - loved one?
2. What are some groups that TLOs belong to?
  - 2a. How would you respond to the suggestion that it is unfair to classify those with developmental or learning disabilities as "troublesome" when, unlike aggressors, addicts, or plain difficult people, their problems are often outside their control?
3. What is the first step you would suggest to someone who is dealing with a difficult friend or relative, say the stereotypical difficult in-law who is putting a strain on their marriage?
4. What are some common mistakes that people with TLOs often make?
5. Holidays can be a difficult time for those with TLOs. Can you give them some tips for getting through the Fall and Winter holidays with their sanity?
6. You two are brother and sister. What made you decide to write this book together?

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Earlita Chenault, 510-652-0215, ext.142, [earlita@newharbinger.com](mailto:earlita@newharbinger.com)**

**IT'S SO HARD TO LOVE YOU: Staying Sane When a Loved One Is Manipulative, Needy, Dishonest, or Addicted**  
by Bill Klatte, MSW, LCSW, and Kate Thompson, ISBN-10: 1-57224-496-8, ISBN-13: 978-1-57224-496-2  
\$14.95, 6 x 9, 192 pages; Published in July 2007  
New Harbinger Publications, 800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)