



Neal S. Carboneau

Founder, CEO, Professional Development
P.O. Box 251, Three Oaks, Michigan 49128
Neal@NealCarboneau.com | www.NealCarboneau.com



Book Fact Sheet

"The Answer - Coping with Criticism," by Neal Carboneau

Quick Facts

- Title: The Answer - Coping with Criticism
- Subtitle: A Practical Guide for Transforming Criticism into Growth
- Author: Neal Carboneau
- ISBN: 979-8-218-52788-4
- Publication Date: November 2024
- Publisher: Self Published, Imprint – Neal Carboneau
- Available Formats: Paperback, eBook - Viewable PDF at NealCarboneau.com
- Page Count: 100
- Word Count: Approximately 11,100
- Retail Price: \$ 15.00
- Website: www.NealCarboneau.com
- YouTube: www.YouTube.com/@NealCarboneau
- Email: Neal@NealCarboneau.com
- Mailing Address: PO Box 251, Three Oaks, Michigan 49128

Niche

- Genre
 - Self-Help / Personal Growth / General
 - Psychology / Interpersonal Relations
 - Business & Economics / Personal Success
- Target Audience
 - Individuals seeking help with criticism, recurring negative thoughts and self doubt
 - Professionals, leaders, and individuals seeking to help those around them and create a positive culture of communication

Key Features

- Introduces the CRAP method: Catch yourself, Reframe it, get some Air, do a Post-event review
- Based on over 30 years of leadership, management, organizational improvement and adult education experience
- Combines cognitive science, positive psychology and real world applicability
- Includes interactive exercises and practical examples
- Written in an engaging, conversational style
- Easy to read, understand and apply

Main Topics

- Understanding the psychology and physiology associated with criticism
- Techniques for reducing stress and managing emotional reactions
- Methods to regain composure and respond effectively
- Strategies for reframing criticism constructively
- Tips for managing negative thoughts
- Inspiration for reducing self doubt and building confidence
- Ways to improve self awareness and emotional intelligence
- Strategies to be more assertive, set boundaries and communicate better
- A guide to life long learning

Author

Neal Carboneau believes that every person has the power to turn adversity into opportunity. By helping individuals face challenges with confidence and clarity, he seeks to create a world where everyone can thrive in both their personal and professional lives. To achieve this, his goal is to transform lives by providing simple, practical strategies that empower individuals to overcome their challenges. To provide “THE ANSWER.”

Drawing from over three decades of experience and personal development, his unique blend of analytical thinking and deep emotional intelligence allowed him to translate complex concepts into simple, actionable strategies that create meaningful change. Using cutting edge research and innovative methods, Neal has shown a remarkable ability to help others achieve personal and professional success.