



# Criticism Bites: dealing with, responding to, and learning from your critics

*Brian Berry*

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## **Criticism Bites: dealing with, responding to, and learning from your critics** Brian Berry

Maybe you've asked that question because you're tired of the relentless, nagging voice in your head saying you should quit, or you're inadequate, or your shortcomings are what people will remember most about you. Perhaps you're simply discouraged, frustrated, burned out, or isolated because of the criticism you've endured.

This book is for you.

After nearly 20 years as a pastor, Brian Berry has come to the conclusion that we cannot escape the critics, but we can learn how to think through and respond to them in healthy ways. Put another way: Criticism isn't something you solve. It's something you manage.

Drawing from his own experiences, Brian will guide you through the painful but necessary journey we face in life. He'll examine why criticism hurts so bad, and he'll discuss specific methods and strategies for handling it--including those times when critical words reveal insight and truth from God.

When you face criticism, the best response isn't to hide, run away, or quit. The answer is to search your soul, pick yourself back up, and determine how you can deal with, respond to, and learn from the critics.

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