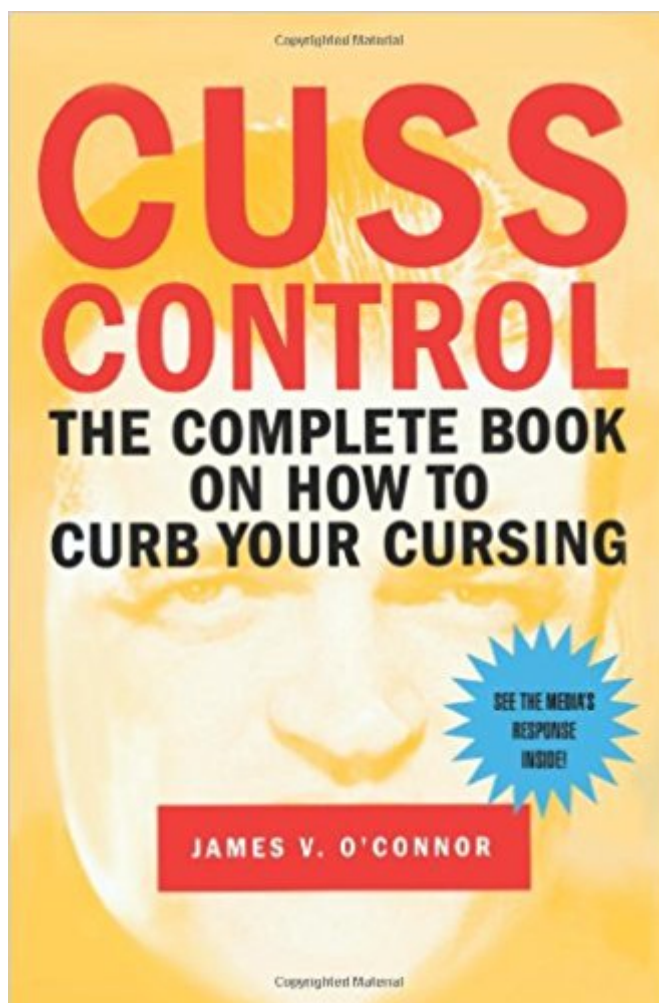


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# Cuss Control: The Complete Book On How To Curb Your Cursing



## Synopsis

FINALLY-THE CURE FOR THE COMMON CURSE! Faced with an epidemic of profanity, our country is in need of practical suggestions for breaking a habit that has ordinary citizens contributing to the decline of civility and good manners. It's not always easy to resist the urge to cuss, but foul language creates an unfavorable image, is damaging to relationships, and goes hand-in-hand with a negative attitude. Now, James V. O'Connor-founder of the Cuss Control Academy-offers the first book to explain why we swear and how we can learn to hold our tongues. Cuss Control doesn't call for the total elimination of swearing, just for its confinement to situations where extreme emotion (think hammer, think thumb) demand it. His program for easing us off the gutter-talk highway involves alternative "potent phrases" for classic curses, including the F-word; ways to communicate clearly rather than use lazy language; and tips on adjusting our attitude and abolishing obscenities. Packed with practical exercises and tips, as well as thoughtful reflection on how we've worked ourselves up into such a state of affairs, Cuss Control is a refreshing celebration of the joys of a civil tongue. "O'Connor is not ready to rid the world of dirty words. He just thinks less cursing is the key to a less stressful world, and maintains that even natural-born cursers can learn to control their anger along with their language."-Knight-Ridder Newspapers

## Book Information

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## Customer Reviews

If you think that cursing is the nation's foulest and most undiagnosed bad habit, and that it creates an unfavorable business image and is disparaging to relationships, then Cuss Control is right up

your alley. Author James V. O'Connor, who runs a public relations firm, decided to write *Cuss Control* after appearing on Oprah Winfrey's television show. O'Connor was being quoted in various places at the time for proclaiming, as president of the Cuss Control Academy, that certain swear words were about to become commonplace as a result of Bill Clinton, Monica Lewinsky, and Viagra. When Oprah herself said that she wished she could stop swearing, O'Connor decided to turn his anti-cussing crusade into a book. Part of his complaint is about foul language, but O'Connor also makes a case for the role of cursing in the dumbing-down of language. He argues that in using profanity, the speaker is usually just being lazy, avoiding having to choose more descriptive words to express himself. Cursing, O'Connor writes, "does little to convey our real message or the fact that our education continued beyond fifth grade." So, how do we reach this promised land where everyone sounds educated and no one swears? O'Connor suggests two paths: choose G-rated words, or--and this is his preference--recognize that the real remedy is to change your attitude. If you must subscribe to one or the other approach, it's tempting to recommend an attitude change over a vocabulary transformation, at least based on some of the suggestions here, which include ditching four-letter words in favor of "Dangnabit!" "Criminey!" "Curses!" "Gadzooks!" and "Nerts!" There's also a suggestion to create your own curse words. ("That's a bunch of Bolshevik." "You fudrucker." "I don't give a wick.") Regardless of your path to a cleaner vocabulary, *Cuss Control* is a decent read that doesn't take itself too seriously. After all, where else can you find chapter titles like "Cut the Shit, Now and Forever" and "The F Word: Stop Me Before I Say It Again." --John Russell

--This text refers to an out of print or unavailable edition of this title.

Finally--the cure for the common curse! Faced with an epidemic of profanity, our country is in need of practical suggestions for breaking a habit that has ordinary citizens contributing to the decline of civility and good manners. It's not always easy to resist the urge to cuss, but foul language creates an unfavorable image, is damaging to relationships, and goes hand-in-hand with a negative attitude. Now, James V. O'Connor--founder of the Cuss Control Academy--offers the first book to explain why we swear and how we can learn to hold our tongues. *Cuss Control* doesn't call for the total elimination of swearing, just for its confinement to situations where extreme emotion (think hammer, think thumb) or poetic license (think Rhett Butler's "Frankly, my dear. . .") demand it. His program for easing us off the gutter-talk highway involves alternative "potent phrases" for classic curses, including the F-word; ways to communicate clearly rather than use lazy language; and tips on adjusting your attitude and abolishing obscenities. Packed with practical exercises and tips, as well as thoughtful reflection on how we've worked ourselves up into such a state of affairs, *Cuss*

Control is a refreshing celebration of the joys of a civil tongue. --This text refers to an out of print or unavailable edition of this title.

I hardly ever write a review but this book made me soooo angry I had to make this comment. In short, this book is a joke. If one offered an alcoholic advice, he wouldn't take him to the liquor store to find it. But Mr. O'Conner offers advice to those struggling with bad language by exposing readers to the worst of the worst language "if someone didn't know the foul mouth language, he would know it after reading this book. Perhaps somewhere between the covers is some advice how to break the bad habit. One would be much better served finding a book (in general) on how to break a habit "or how to cleanse one's "heart" which is the wellspring of poor language anyway. What a joke of a book.

All the author does is describe the history of swearing or possible origins for swear words. He then goes on to interview people as to the reasons they do or do not swear. There are no solid techniques given to teach the reader how to stop swearing.

We use this in school with our students

This unique book addresses a topic that should be more a part of public discourse. It is principled but not, as they say, doctrinaire. The author even makes a case for bad words - don't wear them out!

EXCELELNT

I'm not sure what's in this book; I haven't read it. But my daughter has. And she eliminated a large part of her vocabulary almost overnight :-). I don't know if it's all attributable to this book. Part of it was surely her own determination to change the way she spoke. We didn't make her read the book. It wasn't even our idea. She heard about it, read it on her own, and told me several times how much she liked it and how funny it was. If you want to change your speech patterns, this seems like an excellent start.

I laughed when I got this book from a friend because I did not realize how much I was swearing. I was just getting used to using profane language and sometimes I would catch myself when I was in

front of kids. It was starting to become too casual and not just reserved for when I was really mad. However, my friend noticed and got me this book. I read it and found it to be quite helpful in that it gets you to think about the circumstances that you start to swear and tells you to be conscious of not using "bad" words. I have cut back my cussing to now just when I need it for dramatic emphasis.

Loved it.

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Cuss Control: The Complete Book on How to Curb Your Cursing "DON'T F\*CK WITH ME I'M COLORING" ADULT COLORING, SWEAR WORD, CUSS WORD, NOVELTY GAG GIFT SWEAR COLORING FUN BOOK FOR HER: A Bad Attitude Bad Language Adult Cuss Word Coloring For Relaxation Book! Adult Coloring Book: Adult Cuss Word Alternatives: 50 Original Swear Word Designs (Adult Coloring Books) (Volume 2) Angry Swearing Cats (Creative Sweary Coloring Book for Adults with Funny Cursing Words): Swear Word Coloring Book (Swear and Relax) (Volume 2) Curse Word Coloring Books for Adults Old Fashion Swear Words: Vintage Sweary Adult Coloring Pages Vintage Designs with Grandma's Favorite Old Timey Cuss Words Swear Word Mandala Coloring Book: The F\*\*k Edition - 40 Rude and Funny Swearing and Cursing Designs with Stress Relief Mandalas (Funny Coloring Books) (Volume 1) A Cursing Brain? The Histories of Tourette Syndrome Creative Cursing: A Mix 'n' Match Profanity Generator SugarDetoxMe: 100+ Recipes to Curb Cravings and Take Back Your Health Natural Male Grooming Recipes: (Chemical-Free, Non-Toxic, Mens Health, Home Remedies, Green Clean, DIY Household Hacks) (Kick Chemicals to the Curb Book 3) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Car Hops and Curb Service: A History of American Drive-In Restaurants 1920-1960 Minimalist Budget: Simple Strategies On How To Save More, Spend Less, And Curb Spending Temptation (Without Living On Ramen) Curb Rights: A Foundation for Free Enterprise in Urban Transit Hellstrip Gardening: Create a Paradise between the Sidewalk and the Curb Street Skateboarding: Endless Grinds and Slides: An Instructional Look at Curb Tricks NLP: Persuasive Language Hacks: Instant Social Influence With Subliminal Thought Control and Neuro Linguistic Programming (NLP, Mind Control, Social Influence, ... Thought Control, Hypnosis, Communication) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Control Girl: Lessons on Surrendering Your Burden of

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