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In comparison with good words, angry words send alarm messages through the brain, and they partially shut down the logic-and-reasoning centers located in the frontal lobes," write Newberg and Waldman in the book Words Can Change Your Brain .

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Words Can Change Your Brain: 12 Conversation Strategies to Build Trust, Resolve Conflict, and Increase Intimacy "That title like sounds like pretty high falutin' promises," is the way the woman who raised me might have phrased it. And now, as then, she would probably be right.

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Whether you are negotiating with your boss or your employees, arguing with your spouse, or coping with your kids, Compassionate Communication is a simple and unbeatable way to achieve a win-win dialogue to help you reach your goals.

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About Words Can Change Your Brain. In our default state, our brains constantly get in the way of effective communication. They are lazy, angry, immature, and distracted. They can make a difficult conversation impossible.

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