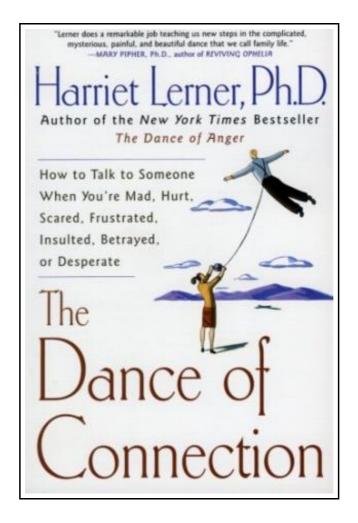
# The Dance of Connection: How to Talk to Someone When Youre Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate



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#### Reviews

Extensive guide! Its this sort of very good study. It is actually full of knowledge and wisdom I found out this pdf from my i and dad suggested this ebook to understand. (Melany Bogisich)

## THE DANCE OF CONNECTION: HOW TO TALK TO SOMEONE WHEN YOURE MAD, HURT, SCARED, FRUSTRATED, INSULTED, BETRAYED, OR DESPERATE



Quill. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 7.9in. x 5.3in. x 0.8in.In her most affirming and life-changing book yet, Dr. Harriet Lerner teaches us how to restore love and connection with the people who matter the most. In The Dance of Connection we learn what to say (and not say) when: We need an apology, and the person who has harmed us wont apologize or be accountable. We dont know how to take a conversation to the next level when we feel desperate. We feel worn down by the other persons criticism, negativity, or irresponsible behavior. We have been rejected or cut off, and the other person wont show up for the conversation. We are struggling with staying or leaving, and we dont know our bottom line. We are convinced that weve tried everything -- and nothing changes. Filled with compelling personal stories and case examples, Lerner outlines bold new voice lessons that show us how to speak with honor and personal integrity, even when the other person behaves badly. Whether were dealing with a partner, parent, sister, or best friend, The Dance of Connection teaches us how to navigate our most important relationships with clarity, courage, and joyous conviction. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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