

Dont be so defensive - taking the war out of our words with powerful, non-defensive communication

Andrews McMeel Pub. - Dont Be So Defensive Taking The War Out Of Our Words With Powerful Non Defensive Communication PDF Book

Description: -

-

Texas -- History

Mexico -- Frontier troubles

Buchan (Scotland) -- Poetry.

Consumer credit -- Law and legislation -- United States.

Mortgage loans -- Law and legislation -- United States.

Agricultural credit.

Agricultural cooperative credit associations.

Aesthetics.

Civilization -- Philosophy.

Civilization, Western.

Interpersonal relations.

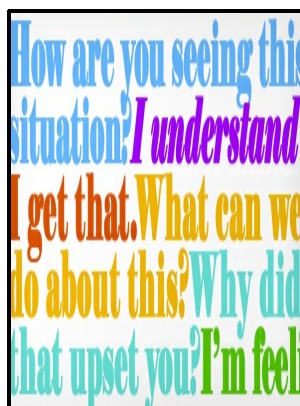
Communication models.

Interpersonal communication. Dont be so defensive - taking the war out of our words with powerful, non-defensive communication

-Dont be so defensive - taking the war out of our words with powerful, non-defensive communication

Notes: Includes indexes.

This edition was published in 1998



Filesize: 24.32 MB

Tags: #Don't #Be #So #Defensive! #: #Taking #the #War #Out #of #Our #Words #with #Powerful #Non

Don't Be So Defensive! : Taking the War Out of Our Words with Powerful Non

I've read many books talking about setting up healthy boundaries but don't teach you how to do so. The first half focuses on the author's theory, and although it is important to understand that in order to appreciate the value of the techniques, it's rather dry. Includes real life scenarios to help solidify techniques in the reader's mind, helping to cement the skills learned so they become more natural and automatic.

DONT BE SO DEFENSIVE TAKING THE WAR OUT OF OUR WORDS WITH POWERFUL NON DEFENSIVE COMMUNICATION

So I much prefer Henry Cloud's and Anne Katherine's books on maintaining clear personal boundaries. I've read many books talking about setting up healthy boundaries but don't teach you how to do so.

DONT BE SO DEFENSIVE TAKING THE WAR OUT OF OUR WORDS WITH POWERFUL NON DEFENSIVE COMMUNICATION

As much as I cherish NVC, it can feel formulaic to me at times, and yet I find Non-Defensive Communication to feel much more natural. Based on my own experience, most of us would benefit. Ellison's starting point is the idea that most person to person verbal communication unconsciously assumes that we need to defend our self from the other party, resulting in conflict and often deadlock.

Dont Be So Defensive Taking The War Out Of Our Words With Powerful Non Defensive Communication PDF Book

I found myself only getting through a few pages at a sitting, and setting the book aside for weeks while I read something else. This is an excellent description of how much of our communication defaults to adversarial patterns, and how we can change that by being non-defensive which, perhaps surprisingly, actually lets us stand up for ourselves more often and more effectively.

Related Books

- [Zhonghua wu dao tu shi](#)
- [Act \(27 November, 1656\) for renouncing and disanulling the pretended title of Charls Stuart.](#)
- [History of Leicestershire cricket.](#)
- [Ready-to-use fundamental motor skills & movement activities for young children - teaching, assessmen](#)
- [Gujarātī malakanā mānavī](#)