

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: 63.14 MB

Tags: #Taking #the #War #Out #of #Our #Words: #The #Art #of #Powerful #Non

Taking the War Out of Our Words: The Art of Powerful Non

So I much prefer Henry Cloud's and Anne Katherine's books on maintaining clear personal boundaries.

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My one quibble is that, while it mentions the need to actually FEEL more neutral, non-defensive, curious, etc. It's very hard to switch modes and even imagine not slipping into defensive mode by habit in some cases.

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Again, though, I found it hard to get through many pages at a sitting.

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But I'm sure some people probably need to come at it from the words first, and use that as something to aim for in their state of mind. 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. All of it, at different times, with different people.

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I'd read a paragraph, then stop to think about how I could use the information she'd provided in a situation I was facing. That mentioned, the

second half, which describes how to incorporate her method. My rating is not based on the quality of the information in this book, which is outstanding, but on the difficulty in reading it. I was even able to change patterns in my own behavior that I have been wrestling with for over five years.

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I still question whether I'll be able to put all of it to use. There should be something here to address virtually any communication situation you're likely to run into. I believe our consciousness affects our communication. 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.

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

The author made the information accessible but not preachy and really inspired me to work toward becoming a better communicator this year. Basically it seems to me an attempt at grouping together a very large collection of different boundary violations which ends up being rather dull reading somehow.

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

The first half explains many familiar situations where our use of words creates barriers between us and other people: apologies that aren't really apologies, compliments that aren't compliments, arguments no one can win, jokes that cast blame, questions that make the other person feel interrogated, and so on. When it came to non-violent communication style, the book suddenly adopted a totally linguistic outlook from its psychological view.

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