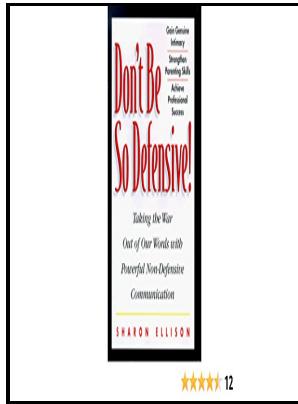


# Dont be so defensive - taking the war out of our words with powerful, non-defensive communication

**Andrews McMeel Pub. - Taking the War Out of Our Words: The Art of Powerful Non**

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: 29.210 MB

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

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

Will include dust jacket if it originally came with one. My rating is not based on the quality of the information in this book, which is outstanding, but on the difficulty in reading it. A good read if you and another are constantly revisiting the same conflicts.

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

The book does a good job of presenting her ideas and methods. It's really about clarifying the communication so people think more about what they are saying and why.

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

At the core of Ellison's ideas are things they should have taught me in grade school instead of teaching contrition: what a real question looks like, and how to ask it without sounding pushy; how to make a vulnerable and honest statement about your feelings while still protecting your boundaries; how to stop using rhetoric to try to persuade someone else, and instead make careful predictions about how you will respond to their choices.

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

In what it does cover, this book is very thorough, clear, and practical, with many examples ranging across many different types of situations. The book opens by talking about how we experience defensiveness when we are hurt by interactions- do we withdraw, sabotage, become sugary compliant? The book opens by talking about how we experience defensiveness when we are hurt by interactions- do we withdraw, sabotage, become sugary compliant? Sounds very superficial to me.

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

I think I need to ponder all of it and then perhaps re-read it in the future. I'm not magically cured, but this book provided some useful strategies.

This is me- my entire life! Clean up your side of things and you'll know if the relationship is viable.

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

The book has plenty of examples and warning how to to use these tools. I was left thinking that I really needed these tools and skills in high school and maybe I would be different now as an adult! I'm not magically cured, but this book provided some useful strategies. Every time we do, we change how we us I read this after reading a recommendation from someone I don't know to a friend who was in a tough spot with her pre-teen, as I really liked the sound of the subtitle, and it definitely delivers on its promise.

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

Book Descriptions: We have made it easy for you to find a PDF Ebooks without any digging. Personally, I found this to be much more approachable than Non-Violent Communication, too. This book is a great wake-up call to rethink communication with others whether in personal or business relationships.

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