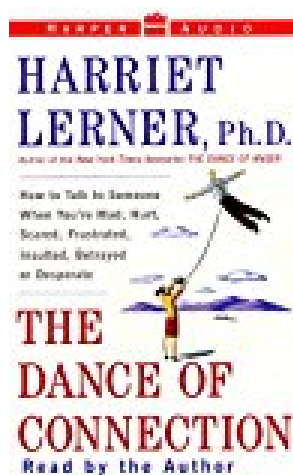


[PDF] The Dance Of Connection: How To Talk To Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed Or Desperate

Harriet Lerner - pdf download free book



Books Details:

Title: The Dance of Connection: How

Author: Harriet Lerner

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Description:

From Publishers Weekly Psychotherapist and bestselling author Lerner has been teaching readers how to "dance" with difficult relationship issues throughout the past decade, and remains one of the most helpful writers on the topic. With her familiar mix of conversational language and profound empathy for people (primarily women) who

are struggling with the most important relationships in their lives, she now tackles the verbal challenges of life's most painful conversations. Far from trite "communication skills" or "assertiveness training," her book offers lucid and concrete guidance on how to speak out in a wide variety of problem situations (e.g., when a wife suspects her husband is having an affair with a co-worker, or when friends jeopardize their relationship by becoming roommates). Lerner moves smoothly through the common obstacles to understanding how we feel, how we want to express ourselves and what we want to accomplish by talking about our feelings. Recognizing that "your brain will turn to mush" when trying to explain yourself in an emotional state, she offers practical advice on sharing vulnerability; voicing concerns, complaints or requests; apologizing; listening and setting limits on how much one is willing to listen to others' complaints and negativity. Accepting that we can never guarantee that others will hear us or respond as we'd like, Lerner focuses on the authentic expression of self, "maximiz[ing] the chance of being heard" and keeping the connection open, despite complex emotions, misunderstandings and silences. (Sept. 1)Forecast: The popularity of *The Dance of Anger*, *The Dance of Intimacy*, *The Dance of Deception* and *The Mother Dance* virtually assures an eager audience for Lerner's new work. She has recently added children's books to her repertoire (*Franny B. Kranny*, *There's a Bird in Your Hair*, PW, May 21), which may expand her readership even further.

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--This text refers to an out of print or unavailable edition of this title.

From Library Journal From a famed psychologist, author of the best-selling *The Dance of Anger: how to talk when the talking is tough*.
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The Dance of Connection tackles the most difficult problems we face with the people who hurt us: What is the "two step" that will transform any conversation? How do we find our voice when we are rejected or cut off? And why won't the person who has harmed us apologize? How do we take a conversation to the next level when we feel desperate? What positive steps can we take when the other person is wearing us down with criticism, negativity, excuses, demands, or irresponsible behavior? How do we put an insensitive parent on the hot seat? Lerner reveals a startling new definition of The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate. By Harriet Lerner. Ratings 4.5 We know that life is short, but damn it, we're not getting back in that sandbox until that other person agrees to having started it—and admits to being wrong. Our need to balance the scales of justice is so strong that we lock ourselves into negativity at the expense of happiness and well-being. A great deal of suffering could be avoided if we could be more like those kids. to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted. 272 Pages 2011 11.51 MB 95 Downloads New! The Dance of Connection: How to Talk to Someone When You're Mad The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted. 249 Pages 2002 1.03 MB 52 Downloads New! Boundaries: When to Say Yes, How to Say No to Take Control of Your Life Boundaries Henry Cloud What To Say When You Talk To Yourself. 258 Pages 2005 7.34 MB 62,195 Downloads. of the subconscious mind—the control center of the brain. What To Say When You Talk To Yourself MR2 By using LibraryThing you acknowledge that you have read and understand our Terms of Service and Privacy Policy. Your use of the site and services is subject to these policies and terms. Hide this. Much as she did in THE MOTHER DANCE, Lerner will approach this rich subject with tales from her personal life and clinical work, inspiring and teaching readers to speak their own truths to the most important people in their lives. (more). all members. 3/4Members. It's very hard to watch someone we love disappear into a marriage. Only very highly evolved persons can watch their best friends or family members behave like total neurotics or lose themselves in a relationship and not feel compelled to yell at them or whip them into shape. I was wrong. I'm sorry I hurt you. Whether we're 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. Categories: Education. CHAPTER 14 Complaining and Negativity: When You Can't Listen Another Minute CHAPTER 15 The Sounds of Silence: Finding a Voice When You're Rejected and Cut Off EPILOGUE: To Thine Own Self Be True. Notes index author's note on professional acknowledgments acknowledgments about the author other books by harriet lerner praise credits cover copyright about the publisher.