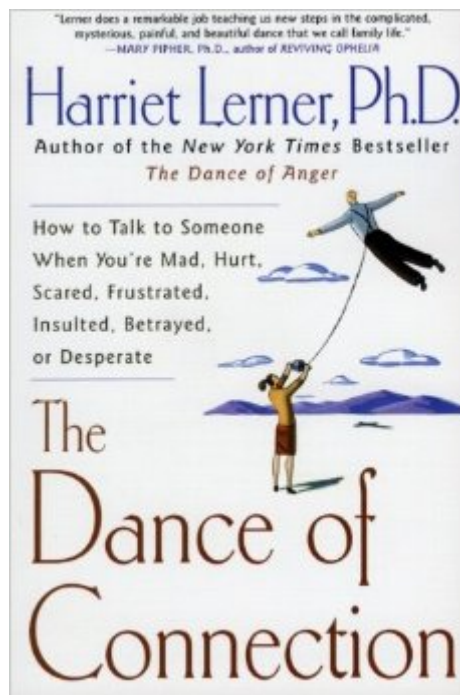


The book was found

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



Synopsis

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 won't apologize or be accountable. We don't know how to take a conversation to the next level when we feel desperate. We feel worn down by the other person's criticism, negativity, or irresponsible behavior. We have been rejected or cut off, and the other person won't show up for the conversation. We are struggling with staying or leaving, and we don't know our "bottom line." We are convinced that we've 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 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.

Book Information

Paperback: 272 pages

Publisher: William Morrow Paperbacks; Reprint edition (August 6, 2002)

Language: English

ISBN-10: 006095616X

ISBN-13: 978-0060956165

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (125 customer reviews)

Best Sellers Rank: #10,453 in Books (See Top 100 in Books) [#9 in Books > Reference > Words, Language & Grammar > Speech](#) [#22 in Books > Self-Help > Emotions](#) [#24 in Books > Self-Help > Relationships > Conflict Management](#)

Customer Reviews

In a moment when we feel safe, loved, comfortable, and relaxed, most people can communicate quite well and strengthen relationships. Catch us off guard with a terrible blow from someone close, and our knees may jerk so hard that they hit us in the jaw. We may say and do things that damage or destroy relationships. What can we do instead of these harmful reactions? How can we repair things once the damage has been done? While many authors have written fine books about building and maintaining good and deteriorating relationships, this book has taken on all of the tough issues

as its focus. You think your spouse is cheating with someone else. Your child won't speak to you. Your husband has taken liberties with your daughter. Your best friend says she or he never wants to see you again. There's a terrible family crisis and the other person cuts you off. Dr. Lerner draws on her personal experiences as well as case histories from her practice as a psychotherapist to give you answers. In doing so, she doesn't promise solutions will follow. But you can be sure that you will have done a great deal to try to help the situation. The book starts with the contrast of adult behavior to how children behave. Two children become angry in a sandbox, but five minutes later are quietly playing together again. "They choose happiness over righteousness." Adults usually do the opposite. The essence of the book is to encourage you to figure out what you need to have from a relationship, and to communicate those needs, while finding out the same from the other person. In that simple statement, the book's concept is very much like the better negotiating books (such as *Getting to Yes*).

[Download to continue reading...](#)

The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate 6 Arrangements - individual sheet music - by John W Schaum! Polka From The Golden Age, Sword Dance, Petrouchka Russian Dance, Chicken Reel, Rosamunde Ballet Music AND Mexican Hat Dance (Jarabe Tapatio) When the Hurt Runs Deep: Healing and Hope for Life's Desperate Moments Someone Could Get Hurt: A Memoir of Twenty-First-Century Parenthood Conversation: The Gentle Art Of Hearing & Being Heard - How To "Small Talk", How To Connect, How To Talk To Anyone (Conversation skills, Conversation starters, Small talk, Communication) Divorce - Remarriage and the Innocent Spouse: Counseling for Betrayed Believers (Straight Talk Bible Study) (Volume 1) Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) MY WIFE INSULTED ME Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) CHATTER: Small Talk, Charisma, and How to Talk to Anyone (The People Skills, Communication Skills, and Social Skills You Need to Win Friends and Get Jobs) The right way to have the herpes talk: What you need to learn so that "the talk" can make your relationships even stronger than before. (Guides Book 3) 131 Dirty Talk Examples: Learn How To Talk Dirty with These Simple Phrases That Drive Your Lover Wild & Beg You For Sex Tonight Mad Scientist Mad Libs Bachelorette Bash Mad Libs (Adult Mad Libs) Just Married Mad Libs (Adult Mad Libs) My Bleeping Family Mad Libs (Adult Mad Libs) Ode to Alcohol

Mad Libs (Adult Mad Libs) RuPaul's Drag Race Mad Libs (Adult Mad Libs) Baby on Board Mad Libs (Adult Mad Libs)

[Dmca](#)