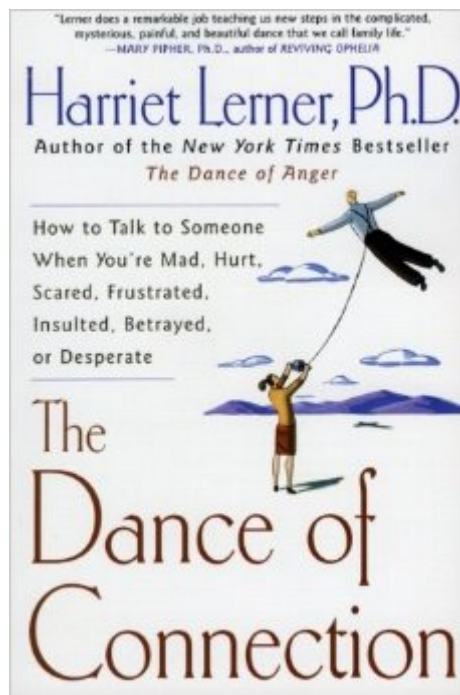


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# The Dance Of Connection: How To Talk To Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, Or Desperate



## 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

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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).

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