

Why Won t You Apologize? (Paperback)

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Reviews

It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly. (Timothy Johnson DVM)

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WHY WON T YOU APOLOGIZE? (PAPERBACK)



Duckworth Overlook, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. `I m sorry are the two most important words in our language: when we have been hurt, we feel that only a genuine apology can rebuild a broken relationship and restore trust. But what makes a truly good apology? Why are some people unable to say sorry, while others apologize all the time? And do we always have to forgive those who hurt us? In this joyful, sanity-saving guide to setting things right, the renowned psychologist and bestselling author Harriet Lerner answers these questions and more. Using compelling real-life stories and solid theory she explains, with humour and wit, the transformative power of making amends and the mindfulness we need to heal the damage we ve inflicted (or suffered). In the process, we learn not only how to craft a meaningful apology, but also that forgiveness isn t the only path to peace of mind, and how we can resist the pressure to forgive too easily.

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