TalkRx: Five Steps to Honest Conversations That Create Connection, Health, and Happiness (Paperback)



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Reviews

Comprehensive information! Its this type of very good read. It is writter in basic words instead of hard to understand. You are going to like how the article writer compose this pdf. (Mabel Corwin)

TALKRX: FIVE STEPS TO HONEST CONVERSATIONS THAT CREATE CONNECTION, HEALTH, AND HAPPINESS (PAPERBACK)



Hay House Inc, United States, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Do you say yes when you really mean no ? Do you avoid conflict at all costs? Are you waiting for someone in your life to change in order to get what you want? If so, you re not alone. Most people will do anything to avoid the unpleasant sensations that accompany having an honest exchange - even if it s as simple as declining an invitation. But not speaking directly in the short-term results in much bigger problems long-term: hurt feelings and passive-aggressive patterns that stress us out, keep us up at night and literally make us sick. Communication is simple, but it s not always easy. Many of us learn from an early age to be guarded about what and how we share with others. Few of us know how to pay attention to our body, thoughts, emotions and values in order to speak from the heart. Having treated thousands of patients in one of the largest hospital systems in the USA, Doctor Neha Sangwan discovered a theme: her patients inability to communicate often played an underlying role in their illness and how well they were able to recover. Once she understood this correlation, she was inspired to create the simple five-step process you Il learn in this book. TalkRx will lead you step by step to: - Listen to your body s signals to better manage stress - Create new outcomes with even the most challenging personalities in your life - Articulate your frustration and disappointment effectively - Talk to people instead of about them - Make agreements that stick. This book reveals practical yet profound communication tools that will strengthen your relationships, reduce your stress, improve your health and even...

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