



Saying Whats Real: 7 Keys to Authentic Communication and Relationship Success

By Ph. D. Susan Campbell

Hj Kramer/Starseed. Paperback. Condition: New. 176 pages. Dimensions: 8.3in. x 5.5in. x 0.7in. Whether with friends, lovers, neighbors, family members or business associates, the bedrock of healthy relationships is always the same: honest, clear communication. Drawing on her years of experience as a relationship coach and a teamwork consultant to Fortune 500 companies, Susan Campbell shows readers how to drastically improve the quality of their everyday interactions by relying on a simple, straight-forward approach to communication and letting go of their need to control the outcome. Practical techniques for dropping ones defenses are offered, as well as a fresh new perspective on using intimate relationships as a form of spiritual practice. Other useful tools include seven statements designed to bring the readers awareness into the present moment, as well as handy communication-enhancing phrases and Campbells insights on the most commonly encountered problems. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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