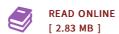




TalkRx: Five Steps to Honest Conversations That Create Connection, Health, and Happiness (Paperback)

By Dr. Neha Sangwan

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...



Reviews

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ida Herman

An extremely great ebook with perfect and lucid answers. This is certainly for anyone who statte that there was not a well worth looking at. Its been designed in an exceptionally simple way and is particularly only soon after i finished reading through this ebook in which actually transformed me, modify the way in my opinion.

-- Libbie Farrell

See Also



THE Key to My Children Series: Evan s Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about a three year old little boy who...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



From Kristallnacht to Israel: A Holocaust Survivor s Journey

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...