



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...

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