

Being Genuine: Stop Being Nice, Start Being Real - Thomas D'ansembourg

Being Genuine

Stop Being Nice, Start Being Real



THOMAS D'ANSEMBOURG

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In this English translation of the French bestseller, readers will learn simple, practical skills to step outside of their emotional masks to live a genuine, authentic life. Teaching everyday communication skills to respectfully express true feelings and the power of requesting wants without demands or force, readers learn how to tackle life's difficult situations and conversations with ease and even excitement. Topics include ideas and advice on how to identify feelings and needs without blaming others, honest and respectful self-expression, facing conflict with ease, and finding balance by staying connected to basic needs. Author: d'Ansembourg, Thomas Publisher: PuddleDancer Press Illustration: N Language: ENG Title: Being Genuine: Stop Being Nice, Start Being Real Pages: 00302 (Encrypted EPUB) / 00000 (Encrypted PDF) On Sale: 2007-05-28 SKU-13/ISBN: 9781892005212 Category: Family & Relationships : Interpersonal Relations Category: Self-Help : Personal Growth - General

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