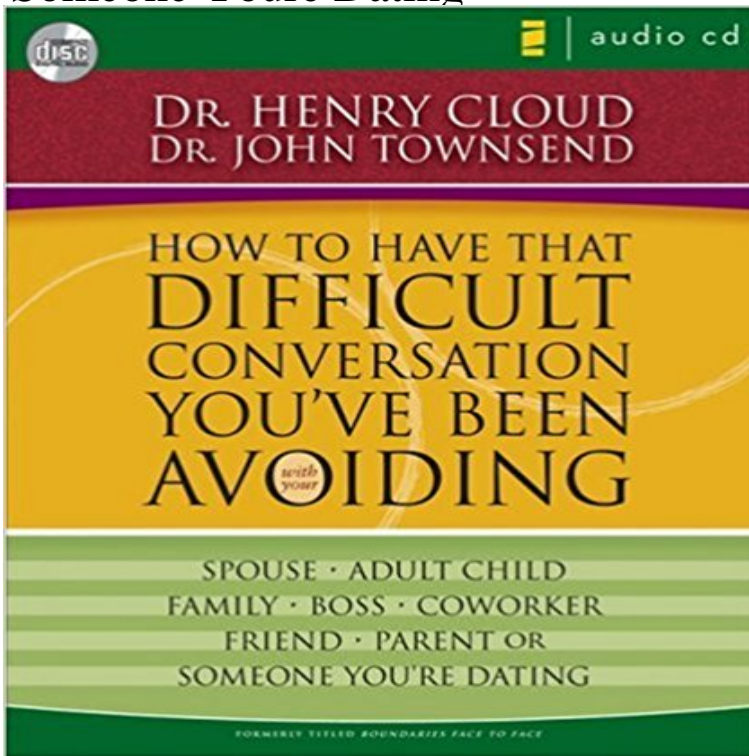


How to Have That Difficult Conversation Youve Been Avoiding: With Your Spouse, Adult Child, Boss, Coworker, Best Friend, Parent, or Someone Youre Dating



All of us need to be able to have a healthy confrontational conversation at one time or another. Sometimes its a matter of simply saying no so we dont get overextended, or saying yes to better ways of building intimacy in a good relationship. At other times, we may need to confront a difficult person in a relationship---a controller, a manipulator, an irresponsible person, perhaps even someone who is abusive. How to Have That Difficult Conversation Youve Been Avoiding empowers you to take the initiative in creating honest, intimate, and fulfilling relationships. This companion to the bestselling Boundaries show how to have a helpful and effective confrontation with another person. Youll learn how to talk to your spouse, someone youre dating, your kids, your coworker, your boss, your parents, and others. Full of practical tips and how-tos, this book will help you make your relationships better, deepen your intimacy with people you care for.

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