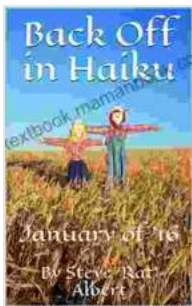


Back Off: A Comprehensive Guide to Taking Control of Your Conversations

Dr. Harriet Lerner's book is a must-read for anyone who wants to improve their communication skills.

In *Back Off: A Comprehensive Guide to Taking Control of Your Conversations*, Dr. Harriet Lerner teaches readers how to set boundaries and assert themselves in conversations. This book is essential reading for anyone who wants to improve their communication skills.



Back Off in #Haiku: January of '16 (Back Off in Haiku Book 7) by Steve 'Rat' Albert

★★★★★ 5 out of 5

Language : English
File size : 2415 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 50 pages
Lending : Enabled



Lerner begins by explaining the importance of setting boundaries. She says that boundaries are essential for healthy relationships because they allow us to protect our physical, emotional, and mental well-being. When we don't set boundaries, we can become overwhelmed, resentful, and even angry.

Lerner then provides a step-by-step guide to setting boundaries. She explains how to identify our needs, communicate our boundaries to others, and enforce our boundaries when they are crossed. She also provides tips for dealing with difficult people who may try to push our buttons.

In addition to setting boundaries, Lerner also teaches readers how to assert themselves in conversations. She says that assertiveness is the ability to express our thoughts, feelings, and needs in a respectful and clear way. Assertiveness is not about being aggressive or demanding; it is about standing up for ourselves in a way that is both respectful and effective.

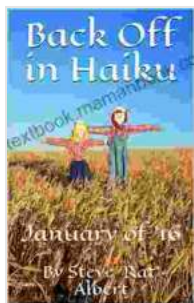
Lerner provides a number of tips for being assertive in conversations. She explains how to use "I" statements, make eye contact, and speak in a clear and confident voice. She also provides tips for dealing with people who may try to intimidate or bully us.

Back Off is a comprehensive and practical guide to setting boundaries and asserting ourselves in conversations. This book is essential reading for anyone who wants to improve their communication skills and take control of their conversations.

Here are some of the things you will learn from *Back Off*:

- How to identify your needs
- How to communicate your boundaries to others
- How to enforce your boundaries when they are crossed
- How to be assertive in conversations
- How to deal with difficult people

If you are ready to take control of your conversations and improve your communication skills, then *Back Off* is the book for you.



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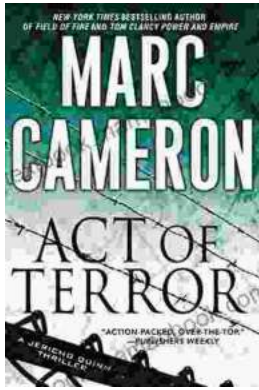
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