

# The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate



In her most affirming and life-changing book yet, Dr. Harriet Lerner teaches us how to restore love and connection with the people who matter the most. In *The Dance of Connection* we learn what to say (and not say) when: We need an apology, and the person who has harmed us won't apologize or be accountable. We don't know how to take a conversation to the next level when we feel desperate. We feel worn down by the other person's criticism, negativity, or irresponsible behavior. We have been rejected or cut off, and the other person won't show up for the conversation. We are struggling with staying or leaving, and we don't know our bottom line. We are convinced that we've tried everything -- and nothing changes. Filled with compelling personal stories and case examples, Lerner outlines bold new voice lessons that show us how to speak with honor and personal integrity, even when the other person behaves badly. Whether we're dealing with a partner, parent, sister, or best friend, *The Dance of Connection* teaches us how to navigate our most important relationships with clarity, courage, and joyous conviction.

*The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* by Harriet Lerner. THE DANCE OF CONNECTION: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, or Desperate. Harriet Goldhor Lerner, Author. *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* eBook: Harriet Lerner: *Dance of Connection : How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate*. by Harriet Lerner. See CustomerRead *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* book reviews & authorCompre o livro *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* naThe Dance of Connection and millions of other books are available for Amazon Kindle. Bestselling author Harriet Lerner focuses on the challenge and the importance of being able to express one's authentic voice in intimate relationships. Start reading *The Dance of Connection* on *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* eBook: Harriet Lerner: *The Dance of Connection* by PH D Harriet Lerner, 9780060956165, *The Dance of Connection : How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* work, inspiring and teaching readers to speak their own truths to the most important people in their lives.Retrouvez *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* et des millions deMuch as she did in *THE MOTHER DANCE*, Lerner will

approach this rich subject When Youre Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate. The Dance of Connection: How to Talk to Someone When Youre Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate. Front Cover. - 18 secBest PDF The Dance of Connection: How to Talk to Someone When You re Mad, Hurt - 29 secWatch [PDF] The Dance of Connection: How to Talk to Someone When You re Mad, Hurt The Dance of Connection: How to Talk to Someone When Youre Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate: Harriet Goldhor Lerner:The Dance Of Connection: How to Talk to Someone When Youre Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate by Harriet Lerner (July 25The Dance of Connection has 1578 ratings and 111 reviews. to Talk to Someone When Youre Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate.The Dance of Connection: How to Talk to Someone When Youre Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate eBook: Harriet Lerner: