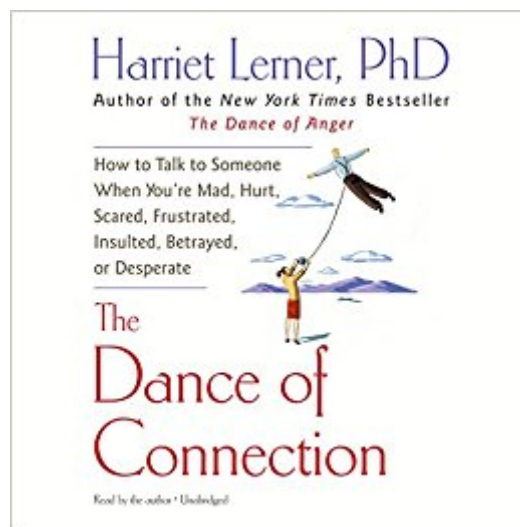




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# The Dance Of Connection: How To Talk To Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, Or Desperate



## Synopsis

[\*Read by the author - Harriet Lerner, PhD][ABRIDGED Edition] In this profound new audio, the bestselling author of *The Dance of Anger* teaches us how to "find our voice" with the people who matter the most. With wit and wisdom, Harriet Lerner shows us how to "set things right" and heal the most painful disconnections, tackling the most difficult problems we face with the people who hurt us. Whether you're dealing with a partner, a parent, or best friend, Lerner shows us how to speak with honor and personal integrity even when the other person behaves badly. This is a heartfelt audio full of useful anecdotes and wisdom that will change the way you feel about yourself and dramatically enhance all of your important relationships. Our capacity for creativity, wisdom, and joy depends on connecting well with the key people in our lives. Lerner teaches us how to navigate our most difficult relationships with integrity, courage, and joyous conviction.

## Book Information

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## Customer Reviews

Psychotherapist and bestselling author Lerner has been teaching readers how to "dance" with difficult relationship issues throughout the past decade, and remains one of the most helpful writers on the topic. With her familiar mix of conversational language and profound empathy for people (primarily women) who are struggling with the most important relationships in their lives, she now tackles the verbal challenges of life's most painful conversations. Far from trite "communication skills" or "assertiveness training," her book offers lucid and concrete guidance on how to speak out in a wide variety of problem situations (e.g., when a wife suspects her husband is having an affair with a co-worker, or when friends jeopardize their relationship by becoming roommates). Lerner

moves smoothly through the common obstacles to understanding how we feel, how we want to express ourselves and what we want to accomplish by talking about our feelings. Recognizing that "your brain will turn to mush" when trying to explain yourself in an emotional state, she offers practical advice on sharing vulnerability; voicing concerns, complaints or requests; apologizing; listening and setting limits on how much one is willing to listen to others' complaints and negativity. Accepting that we can never guarantee that others will hear us or respond as we'd like, Lerner focuses on the authentic expression of self, "maximiz[ing] the chance of being heard" and keeping the connection open, despite complex emotions, misunderstandings and silences. (Sept.

1)Forecast: The popularity of *The Dance of Anger*, *The Dance of Intimacy*, *The Dance of Deception* and *The Mother Dance* virtually assures an eager audience for Lerner's new work. She has recently added children's books to her repertoire (Franny B. Kranny, *There's a Bird in Your Hair*, PW, May 21), which may expand her readership even further. Copyright 2001 Cahners Business Information, Inc. --This text refers to the Paperback edition.

A columnist with *New Woman Magazine* as well as a staff psychologist and a psychotherapist at the Menninger Clinic, Lerner is also a world-renowned expert on women and family issues whose *Dance of Anger* is a pop psychology classic. Lerner's mass appeal results from her ability to break down difficult psychological concepts into plain language. Her new work is similar to her other titles (which include *Dance of Intimacy* and *Dance of Deception*) but follows the human life cycle sequentially. After a brief explanation of the concept of inborn/individual traits and the influence of families of origin, Lerner shares her private family-of-origin stories which gives the book a vulnerability and humanness that other self-help titles lack. Lerner then discusses problems that can surface in adult relationships, including how adult children may talk with their parents. She shows that criticism, contempt, defensiveness, and stonewalling all have the potential to cripple or destroy a marriage. Each chapter analyzes a specific problem with case histories and possible solutions or outcomes. What results is an accessible and well-organized work that, with its predecessors, belongs in all libraries. Highly recommended. Lisa Wise, Broome Cty. P.L., Binghamton, NY  
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Either the most or second-most influential and transformative book I've ever read. If everyone read this book, we'd have a much happier society. Can't say enough in favor of this book and this author-anything and everything she's written. If you're thinking of buying it, DO IT. You won't regret it.

Arrived as advertised. A good book!

Outstanding material - H. Lerner's books are always full of information that one can utilize if desired.

Speedy delivery, exactly what I expected. I highly recommend this author for anyone looking for help with relationships or better understanding yourself. I have read nearly all of Harriet Lerner's books. I gleaned useful knowledge from every book.

Great book. Very insightful

I think this is helpful for all people to read. It makes sense to anyone who is trying to understand the emotions of relations.

My therapist recommended this for me because of some things I am going through as my marriage is about to end. This gave me a lot of insight and has helped me very much. Quick delivery too!! Thank you!!! A++++

I found this book really helpful with understanding relationships and communication. My husband isn't one for self help books or counseling or anything like that so I tend to read a lot of this stuff on my own. This one was definitely easy to understand and made a lot of sense. I enjoyed it!

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