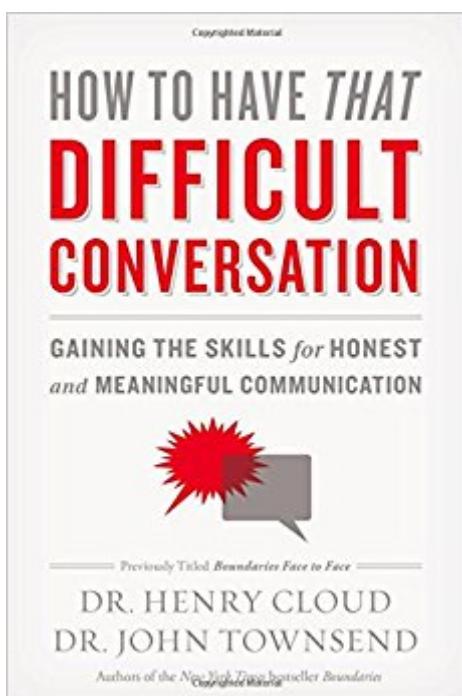


The book was found

# How To Have That Difficult Conversation: Gaining The Skills For Honest And Meaningful Communication



## Synopsis

Successful people confront well. They know that setting healthy boundaries improves relationships and can solve important problems. They have discovered that uncomfortable situations can be avoided or resolved through direct conversation. But most of us don't know how to have difficult conversations, and we see confrontation as scary or adversarial. Authors Henry Cloud and John Townsend take the principles from their bestselling book, *Boundaries*, and apply them to a variety of the most common difficult situations and relationships in order to:

- Show how healthy confrontation can improve relationships
- Present the essentials of a good boundary-setting conversation
- Provide tips on preparing for the conversation
- Show how to tell people what you want, stop bad behavior, and deal with counterattack
- Give actual examples of conversations to have with your spouse, your date, your kids, your coworker, your parents, and more!

Full of practical tips and how-tos, this book will help you make your relationships better, deepen your intimacy with people you care for, and cultivate more love, understanding, and respect between you and others.

## Book Information

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## Customer Reviews

Dr. Henry Cloud is an acclaimed leadership expert, psychologist, and New York Times best-selling author with his books selling more than 10 million copies. As a speaker, Dr. Cloud has shared the stage with many business and global leaders and experts, such as Tony Blair, Jack Welch, Condoleezza Rice, Desmond Tutu, Malala Yousafzai, and others. In his leadership consulting

practice, Dr. Cloud works with Fortune 500 companies and smaller private businesses alike. He has an extensive executive coaching background and experience as a leadership consultant, devoting the majority of his time working with CEO's, leadership teams and executives to improve performance, leadership skills, and culture. Dr. Cloud lives in Los Angeles with his wife, Tori, and their two daughters, Olivia and Lucy. Dr. John Townsend is a leadership consultant, psychologist, and New York Times bestselling author. He has written twenty-seven books, selling 10 million copies, including the 3 million-selling Boundaries series. John is founder of the Townsend Institute for Leadership and Counseling and conducts the Townsend Leadership program. He travels extensively for corporate consulting, speaking, and working with leadership families. He and his wife Barbi have two sons, and live in Newport Beach, California. One of John's favorite hobbies is playing in a band that performs in Southern California lounges and venues.

Great book on how to handle difficult people in your life. The only thing is I thought it was going to be different than boundaries and give more guidelines on how to approach conversations but it seemed like just an extension of his book Boundaries. Nothing new really.

Excellent read, relevant and actionable.

Love this book!

Fantastic book with great wisdom! Everyone could benefit from reading this.

A very good book, I've been looking for something like this.

I have grown and healed in ways I never realized I needed to due to the boundaries series. I have come out of codependency and been able to practice self respect and healing from deeply rooted fears of abandonment and invalidation, but as not everyone is on the same path as I am I have come into relationship with different levels of defensiveness. From my family of origin to my romantic life, conflict/boundaries has been interpreted negatively at times and other times I saw fruits, after reading this book I have implemented new skills to not only have my own boundaries but also encourage security in the person I am confronting heart. If you are looking to confront someone who is difficult and reactive, understanding how to speak to their fear while respecting the heart of the healthy confrontation will create bridges to healing in both of you. Totally worth the read

and I couldn't put it down because I knew this coming conversation was going to be hard and love was more important than pride.

This book help apply the information I learned from the Boundary books. It has great solutions for how to have difficult conversations with maturity and dignity.

Amazing book! Concrete examples of how to say what you think, feel & need in a healthy way!

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