



Being Genuine: Stop Being Nice, Start Being Real

By Thomas D'ansembourg

Puddledancer Press. Paperback. Book Condition: New. Paperback. 302 pages. Dimensions: 8.1in. x 5.4in. x 0.9in. In this English translation of the French bestseller, readers will learn simple, practical skills to step outside of their emotional masks to live a genuine, authentic life. Teaching everyday communication skills to respectfully express true feelings and the power of requesting wants without demands or force, readers learn how to tackle life's difficult situations and conversations with ease and even excitement. Topics include ideas and advice on how to identify feelings and needs without blaming others, honest and respectful self-expression, facing conflict with ease, and finding balance by staying connected to basic needs. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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