

I Don't Have to Make Everything All Better



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著者:Gary Lundberg

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In their weekly radio show and in their popular workshops, Gary and Joy Lundberg have already helped thousands of people and their families to communicate more effectively. Now, the Lundbergs address an all too common dilemma that arises when others expect you to solve their problems for them, showing readers how they can shed the no-win role of "fixer" and empower people to solve their own problems through validation--a simple yet profound communication tool that is essential to any healthy relationship. Refreshingly straightforward, this inspiring and entertaining work is poised to become a classic guide for anyone who wishes to improve relationships with their partner, children, colleagues and friends.

"Splendid . . . Powerfully teaches the concept of human validation and helps empower others to be responsible."--Stephen R. Covey, author of The Seven Habits of Highly Effective People

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