



Lifeskills: 8 Simple Ways to Build Stronger Relationships, Communicate More Clearly, and Improve Your Health

By Redford Williams

Harmony. Paperback. Condition: New. 368 pages. Dimensions: 8.3in. x 5.5in. x 0.9in. Here are the eight skills this book will help you master: 1. Identify your thoughts and feelings: how to tap into your feelings, especially the negative ones 2. Evaluate your negative feelings, negative thoughts, and options: how to decide when to take action 3. Communicate better: how to be a more effective listener and speaker 4. Empathize with others to understand their behavior: how to appreciate a situation from someone else's point of view 5. Do problem-solving: how to define the problem, generate alternatives, and evaluate the outcomes 6. Practice assertion: how to get others to do what you want 7. Practice acceptance: how to back off without feeling like a failure 8. Emphasize the positive: how to build better relationships using a proven ratio of positive to negative interactions. Lifeskills shows how building better relationships is an essential part of preserving health--and offers eight clear steps anyone can use to make that happen. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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