



Difficult Conversations: How to Discuss What Matters Most

Douglas Stone, Bruce Patton, Sheila Heen, Bruce Patton, Sheila Heen, Roger Fisher

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Dealing with your ex-husband, who can't seem to show up reliably for weekends with the kids; navigating a workplace fraught with office politics or racial tensions; saying "I'm sorry" or "I love you".

We all have difficult conversations, no matter how confident or competent we are. And too often, no matter what we try, things don't go well. Should you say what you're thinking and risk starting a fight? Swallow your views and feel like a doormat? Or should you let them have it? But--what if you're wrong?

Difficult Conversations shows you a way out of this dilemma; it teaches you how to handle even the toughest conversations more effectively and with less anxiety. Based on fifteen years of work at Harvard Negotiation Project and consultations with thousands of people, the authors answer the question: When people confront the conversations they dread the most, what works?

Difficult Conversations walks you through a proven, concrete, step-by-step approach for understanding and conducting tough conversations. It shows you how to get ready, how to start the conversations in ways that reduce defensiveness, and how to keep the conversation on a constructive track regardless of how the other person responds.

Whether you're dealing with your baby-sitter or biggest client, your boss or your brother-in-law, **Difficult Conversations** can help.

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Norma Harrell:

In this age globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Often the book that recommended to you personally is Difficult Conversations: How to Discuss What Matters Most this publication consist a lot of the information with the condition of this world now. This kind of book was represented how does the world has grown up. The terminology styles that writer use for explain it is easy to understand. Typically the writer made some investigation when he makes this book. This is why this book ideal all of you.

Rose Rafferty:

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