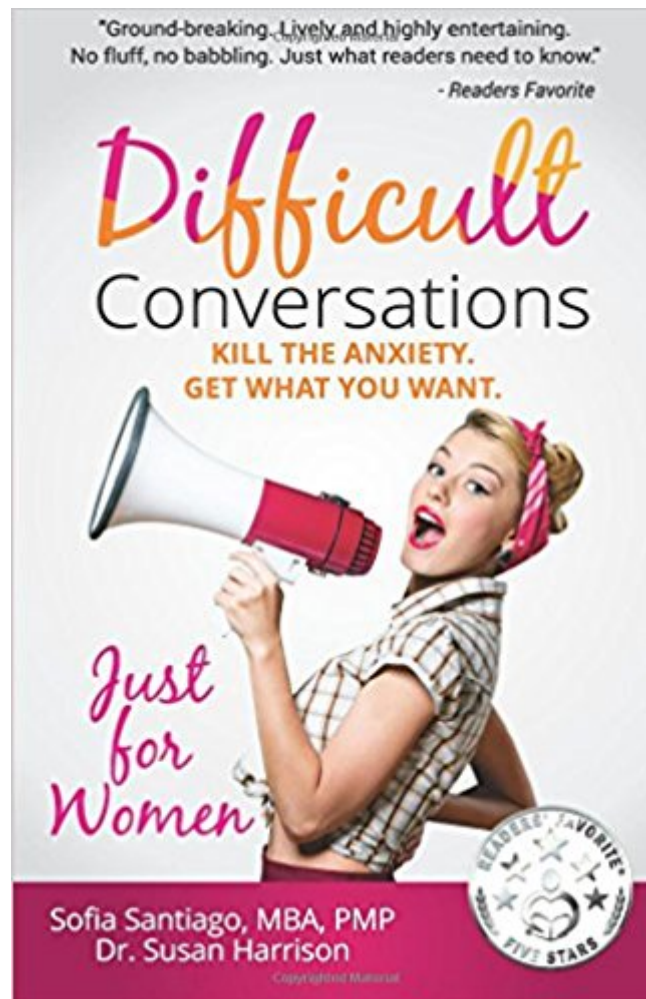


The book was found

Difficult Conversations Just For Women: Kill The Anxiety. Get What You Want. (Similar To Difficult Conversations: How To Discuss What Matters Most And To Crucial Conversations But Tailored For Women)





Synopsis

Every woman intuitively knows that the strategies recommended for men won't work for women. Men will be called decisive leaders and women who do the same things will be called "bossy." If she says "I feel" she may be considered hormonal. People respond negatively to assertive women, whereas assertive men are admired. And when women speak out to defend their turf they're seen as "control freaks," while men, acting the same way, are seen as highly committed. Those and many more are the reasons why women avoid confrontation at all costs, make fewer requests for themselves than men, and end up not getting what they want or deserve. This book explains why traditional strategies designed with men in mind need to be adapted, and most importantly, how. This book, written by a women-only team just for women is based on ground-breaking research. Presented in a lively and entertaining style, it gives women the tools they need to handle difficult conversations and more. Did you know that compared to men women tend to self-criticize more, apologize more, and get interrupted more? Did you know that a woman's ethnicity influences the way she communicates and even the way she is perceived? Did you know that gender, personality, and cultural differences call for different strategies when it comes to dealing with difficult conversations? Sofia Santiago and Dr. Susan Harrison understand these and want to help women to conquer the hurdles that are unique to women, in the workplace and at home. When it comes to difficult conversations, women struggle to find the right balance between aggressive (a "witch") and passive (a doormat). Women want to be perceived as competent and to be liked, but sometimes the sweet point in the middle is hard to find. That's why women needed a book like this, but it wasn't available until now. *Dealing with Difficult Conversations Just for Women* shares cutting-edge studies and illustrative stories. Whether they make you smile or make you frown, they will certainly make you think. Learn specific techniques and wording to feel confident and assertive before, during, and after confronting a face-to-face difficult conversation.

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Customer Reviews

I am rather pleased at the level of reader friendliness that this 202 paperback has provided. I am a fan of reading and I am also a psychology student and I find anxiety issues to be a norm concern for most people of all age ranges, demographics and career paths. I'm happy that this book is not only informative but also provides insight on key steps for Women to challenge, face and ultimately work towards overcoming some of our deep rooted anxieties and insecurities.~~Summary

Statements~~Setting and establishing clear and realistic expectations in all situationsThe No Fear method for confronting others in difficult situationsRehearsing what you are going to say and howRaising your confidence level by believing in ourselvesChallenging our inner most fears; work, friendships, relationships, careers, finances, intimacy, death and moreDealing with our emotions internally and externally in the most situational appropriate levelHarnessing your genuine YOU on the inside and the out; for YOUR personal success, happiness and fulfillment in lifeA great easy read by Sofia Santiago, MBA, PMP and Dr. Susan Harrison. This book will lead you in the right directions for applying some new found techniques, quotes and sayings into your day to day lives in which you lead. I found this book to be helpful in regards to the rehearsing what you will say during a conversation and also putting an expectation for a deadline in each request that we make of others. I'm satisfied and I am going to pay this forward and give it to my friend that owns a Psychology office and I hope that this insightful book will in turn help another woman :)I was sent this book at no cost for my unbiased read, review and feedback.

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