



## Words Can Change Your Brain: 12 Conversation Strategies to Build Trust, Resolve Conflict, and Increase Intimacy

By Andrew B. Newberg, Mark Robert Waldman

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Words Can Change Your Brain: 12 Conversation Strategies to Build Trust, Resolve Conflict, and Increase Intimacy, Andrew B. Newberg, Mark Robert Waldman, In our default state, our brains constantly get in the way of effective communication. They are lazy, angry, immature, and distracted. They can make a difficult conversation impossible. But Andrew Newberg, M.D., and Mark Waldman have discovered a powerful strategy called Compassionate Communication that allows two brains to work together as one. Using brain-scans as well as data collected from workshops given to MBA students at Loyola Marymount University, and clinical data from both couples in therapy and organizations helping caregivers cope with patient suffering, Newberg and Waldman have seen that Compassionate Communication can reposition a difficult conversation to lead to a satisfying conclusion. Whether you are negotiating with your boss or your spouse, the brain works the same way and responds to the same cues. The truth, though, is that you don't have to understand how Compassionate Communication works. You just have to do it. Some of the simple and effective takeaways in this book include: make sure you are relaxed; yawning several times before (not during) the...



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