



Honest, Direct, Respectful: Three Simple Words that will Change your Life

Dennis D. Adams

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No one is born with perfect communication skills. This practical guide offers a rare balance of wisdom and humor; unlike more complicated and theoretical books on assertion, communication, and conflict resolution, the principles are easy to apply, and are useful for all ages. Discover the ways in which experiences from the past, such as hurt, anger, and bitterness affect how you communicate today. Incorporate three simple words into your life-honest, direct, respectful-and change the way you communicate.



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