



# The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate

By Harriet Lerner

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In her most affirming and life-changing book yet, Dr. Harriet Lerner teaches us how to restore love and connection with the people who matter the most. In *The Dance of Connection* we learn what to say (and *not* say) when:

- We need an apology, and the person who has harmed us won't apologize or be accountable.
- We don't know how to take a conversation to the next level when we feel desperate.
- We feel worn down by the other person's criticism, negativity, or irresponsible behavior.
- We have been rejected or cut off, and the other person won't show up for the conversation.
- We are struggling with staying or leaving, and we don't know our "bottom line."
- We are convinced that we've tried everything -- and nothing changes.

Filled with compelling personal stories and case examples, Lerner outlines bold new "voice lessons" that show us how to speak with honor and personal integrity, even when the other person behaves badly.

Whether we're dealing with a partner, parent, sister, or best friend, *The Dance of Connection* teaches us how to navigate our most important relationships with clarity, courage, and joyous conviction.

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### **Editorial Review**

From Publishers Weekly

Psychotherapist and bestselling author Lerner has been teaching readers how to "dance" with difficult relationship issues throughout the past decade, and remains one of the most helpful writers on the topic. With her familiar mix of conversational language and profound empathy for people (primarily women) who are struggling with the most important relationships in their lives, she now tackles the verbal challenges of life's most painful conversations. Far from trite "communication skills" or "assertiveness training," her book offers lucid and concrete guidance on how to speak out in a wide variety of problem situations (e.g., when a wife suspects her husband is having an affair with a co-worker, or when friends jeopardize their relationship by becoming roommates). Lerner moves smoothly through the common obstacles to understanding how we feel, how we want to express ourselves and what we want to accomplish by talking about our feelings.

Recognizing that "your brain will turn to mush" when trying to explain yourself in an emotional state, she offers practical advice on sharing vulnerability; voicing concerns, complaints or requests; apologizing; listening and setting limits on how much one is willing to listen to others' complaints and negativity.

Accepting that we can never guarantee that others will hear us or respond as we'd like, Lerner focuses on the authentic expression of self, "maximiz[ing] the chance of being heard" and keeping the connection open, despite complex emotions, misunderstandings and silences. (Sept. 1) Forecast: The popularity of *The Dance of Anger*, *The Dance of Intimacy*, *The Dance of Deception* and *The Mother Dance* virtually assures an eager audience for Lerner's new work. She has recently added children's books to her repertoire (*Franny B. Kranny*, *There's a Bird in Your Hair*, PW, May 21), which may expand her readership even further.

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From Library Journal

A columnist with *New Woman Magazine* as well as a staff psychologist and a psychotherapist at the Menninger Clinic, Lerner is also a world-renowned expert on women and family issues whose *Dance of Anger* is a pop psychology classic. Lerner's mass appeal results from her ability to break down difficult psychological concepts into plain language. Her new work is similar to her other titles (which include *Dance of Intimacy* and *Dance of Deception*) but follows the human life cycle sequentially. After a brief explanation of the concept of inborn/individual traits and the influence of families of origin, Lerner shares her private family-of-origin stories which gives the book a vulnerability and humanness that other self-help titles lack. Lerner then discusses problems that can surface in adult relationships, including how adult children may talk with their parents. She shows that criticism, contempt, defensiveness, and stonewalling all have the potential to cripple or destroy a marriage. Each chapter analyzes a specific problem with case histories and possible solutions or outcomes. What results is an accessible and well-organized work that, with its predecessors, belongs in all libraries. Highly recommended. Lisa Wise, Broome Cty. P.L., Binghamton, NY

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Review

"Lerner's mass appeal results in...accessible and well-organized work that...belongs in all libraries Highly recommended."

## **Users Review**

### **From reader reviews:**

#### **Kevin Serna:**

Do you have favorite book? When you have, what is your favorite's book? Book is very important thing for us to find out everything in the world. Each book has different aim or even goal; it means that publication has different type. Some people experience enjoy to spend their time to read a book. They are reading whatever they consider because their hobby will be reading a book. Think about the person who don't like examining a book? Sometime, man or woman feel need book if they found difficult problem or perhaps exercise. Well, probably you should have this *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate*.

#### **Robert Kuehner:**

Book is to be different per grade. Book for children right up until adult are different content. As you may know that book is very important for people. The book *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* ended up being making you to know about other knowledge and of course you can take more information. It is extremely advantages for you. The book *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* is not only giving you a lot more new information but also to be your friend when you sense bored. You can spend your own personal spend time to read your e-book. Try to make relationship with all the book *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate*. You never really feel lose out for everything in case you read some books.

#### **Richard Brassell:**

Reading a guide tends to be new life style within this era globalization. With reading through you can get a lot of information that may give you benefit in your life. Along with book everyone in this world may share their idea. Publications can also inspire a lot of people. Many author can inspire their reader with their story or even their experience. Not only situation that share in the publications. But also they write about the information about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors these days always try to improve their expertise in writing, they also doing some research before they write to their book. One of them is this *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate*.

#### **Edgar Villanueva:**

Why? Because this *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* is an unordinary book that the inside of the guide waiting for you to snap that but latter it will zap you with the secret the item inside. Reading this book next to it was fantastic author who else write the book in such awesome way makes the content on the inside easier to understand,

entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your expertise and your critical thinking approach. So , still want to hold up having that book? If I had been you I will go to the guide store hurriedly.

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