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Why Won t You Apologize?: Healing Big Betrayals and Everyday Hurts (Paperback)

By PH D Harriet Lerner

Touchstone Books, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. If you want to know why Harriet Lerner is one of my great heroes, Why Won t You Apologize? is the answer. This book is a game changer. --Brene Brown, PhD, LMSW, author of the #1 New York Times bestseller Rising Strong Harriet Lerner is one hell of a wise woman. She draws you in with deft and engaging prose, and then changes your life with her rigorous intelligence and her deeply human advice. I promise that you will never see the apology in quite the same way. --Esther Perel, MA, LMFT author of Mating in Captivity Renowned psychologist and bestselling author of The Dance of Anger sheds new light on the two most important words in the English language--I m sorry--and offers a unique perspective on the challenge of healing broken connections and restoring trust. Dr. Harriet Lerner has been studying apologies--and why some people won t give them--for more than two decades. Now she offers compelling stories and solid theory that bring home how much the simple apology matters and what is required for healing when the hurt we ve inflicted (or received) is far...

Reviews

A new e book with a brand new standpoint. I am quite late in start reading this one, but better then never. I discovered this ebook from my i and dad advised this publication to understand.

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-- Izaiah Schowalter