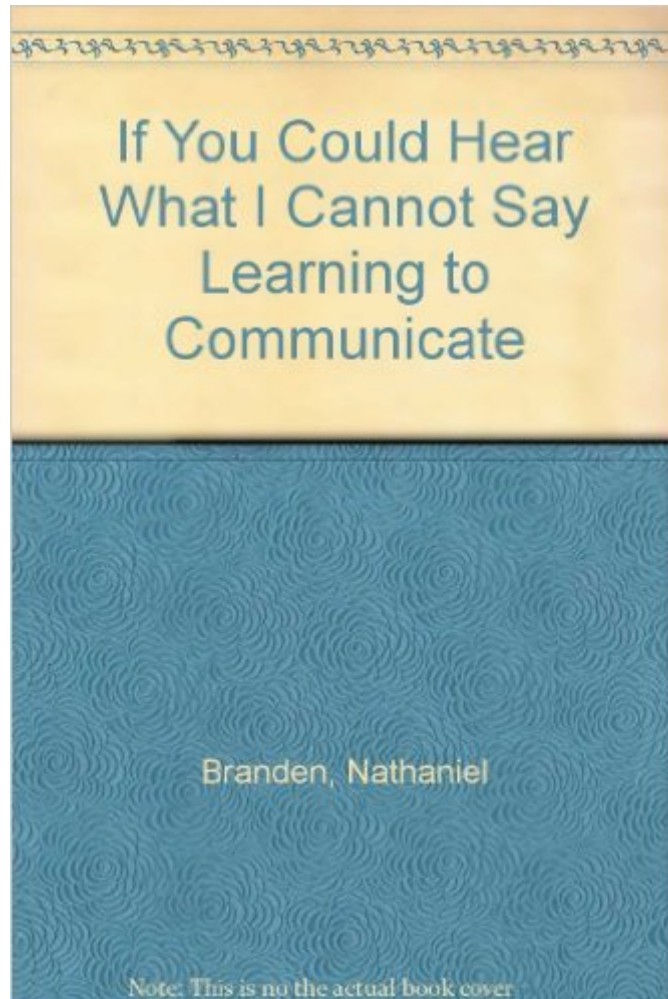


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"If You Could Hear What I Cannot Say": Learning To Communicate With The Ones You Love



Book Information

Paperback: 293 pages

Publisher: Bantam Books (1983)

Language: English

ISBN-10: 0553014196

ISBN-13: 978-0553014198

Product Dimensions: 8.4 x 8 x 1 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (3 customer reviews)

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Customer Reviews

This is a book of transformational exercises and "sentence stems" for a romantic couple to work through together. The major emphasis of the book is on improvement of communication skills, but many other psychological issues can be resolved by working through these exercises. There are also short stories and essays to guide the process. Even if you've never read a book by Nathaniel Branden you can get a lot out of completing this book. I worked through it on my own, without a partner, and I uncovered a lot about myself. I highly recommended. I don't recommend just reading the book and expecting to get very much out of it. Working through it, however, will transform you.

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