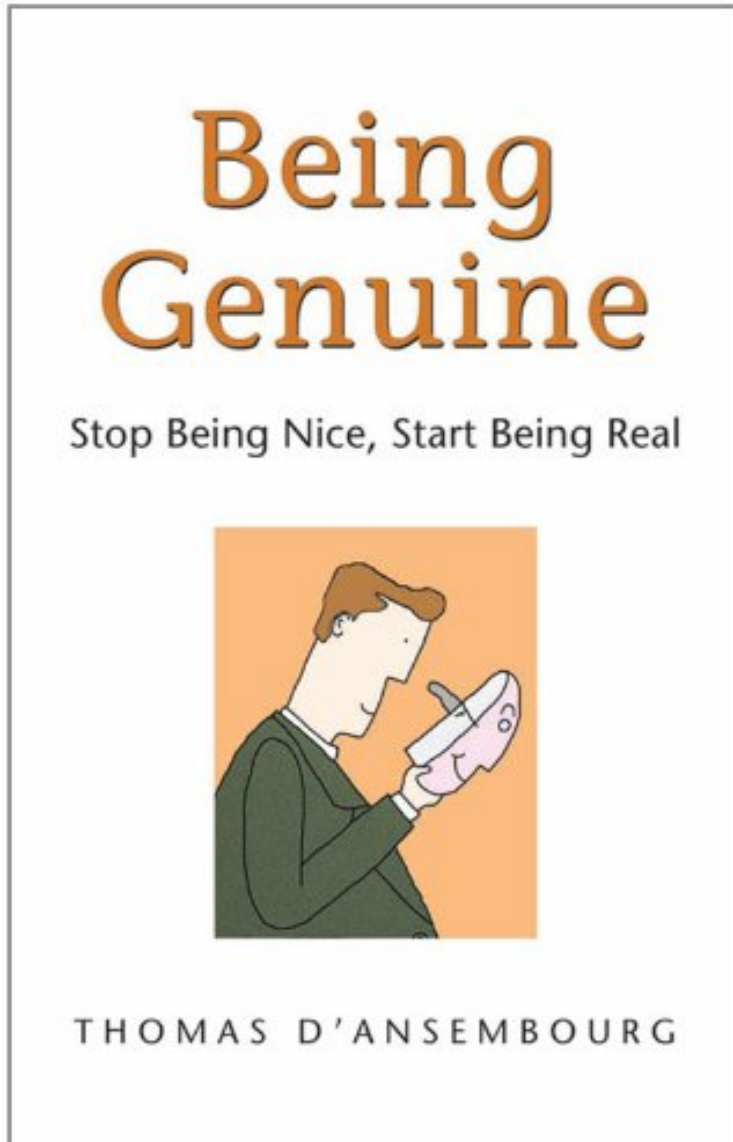


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Description :

Prsentation de l'diteurIn this English translation of the French bestseller, readers will learn simple, practical skills to step outside of their emotional masks to live a genuine, authentic life. Teaching everyday communication skills to respectfully express true feelings and the power of requesting wants without demands or force, readers learn how to tackle lifes difficult situations and conversations with ease and even excitement.Topics include ideas and advice on how toidentifyfeelings and needs without blaming others,honest and respectful self-expression, facing conflict with ease, and finding balance by staying

connected to basic needs.