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"The Dance of Connection" was recommended to me by Brene Brown in her book "Rising Strong". On the front it states "How to talk to somebody when you're mad, hurt, scared, frustrated, insulted, betrayed or desperate". And it's true. The book walks through "typical" life situations and explains how to deal with them.

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THE DANCE OF CONNECTION: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, or Desperate Harriet Goldhor Lerner, Author . HarperCollins \$25 (272p) ISBN 978-0-06-019638-7

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