

[PDF] You Can't Say That To Me: Stopping The Pain Of Verbal Abuse--An 8- Step Program

Suzette Haden Elgin - pdf download free book

Books Details:

Title: You Can't Say That to Me: Sto

Author: Suzette Haden Elgin

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Description:

From Publishers Weekly Culling source material from her years of linguistic practice and training, Elgin (Genderspeak) offers an accessible, extremely pragmatic approach to verbal abuse. With many broad-minded and tactful suggestions for everyday use, this is an excellent resource. Through exercises and journal-writing, Elgin encourages reader to eradicate "toxic" language. She offers various tools like "Miller's Law," which requires the listener to assume initially that whatever the speaker says is true-rather than the all-to-frequent assumption to the contrary. Elgin is objective, rehearsing the perspectives of both people in a possibly hostile exchange and reminding readers

that everyone has the potential to be a verbal abuser, victim or witness. If there is a weakness, it is that while Elgin confronts the verbal abuser's tactics, her methods seem to emphasize placating abusers and rewarding them with the attention they crave.

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From the Publisher A simple-to-follow, 8-step program using the author's celebrated ``Gentle Art of Verbal Self-Defense'' techniques. Provides readers with a practical method for ending virtually all forms of verbal abuse at home, work, school and even in the streets. Contains a wealth of tips and basic practical advice that can be used immediately. Numerous exercises and activities enable readers to test and practice techniques on their own.

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