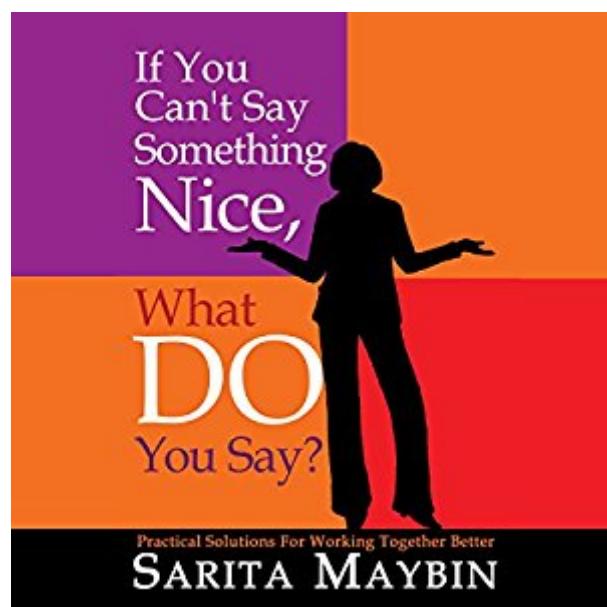


The book was found

If You Can't Say Something Nice, What Do You Say?: Practical Solutions For Working Together Better



Synopsis

We've all been told, "If you can't say something nice, don't say anything at all." This audiobook provides practical approaches and positive phrases for those times when you need to say something that is not so nice. Find out how to constructively clue someone in, deflect the negative comment of a well-meaning friend, or let a colleague know that what he or she is doing drives you crazy - without destroying the relationship. You'll also get answers to such questions as: How do you know if you should confront a situation or just let it go? What should you do if someone asks your opinion and you have nothing nice to say? How do you set limits with people who make unreasonable demands?

Book Information

Audible Audio Edition

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Customer Reviews

What an outstanding book! I found it packed with useful suggestions for my everyday conversations that are difficult to have because I am not sure what to say. Sarita's practical advice makes it easier to communicate on sensitive topics before they become major issues as well as on major issues and get results. This book is a "must have" for anyone who wants to improve their communication with family members, friends, co-workers, managers, business colleagues, etc.

Very entertaining and inspires a higher level of interfacing in day to day life.

I saw Sarita as a speaker, she was wonderful. This book is a great reminder of some great information I needed as someone who has to hire, discipline, and fire staff.

This book is very simplistic and Expensive for what you get. I thought it would be a regular sized book for the price. Had it been \$4.00 it would be worth it, otherwise there are better deals for the same info out there.

The old adage is: "If you can't say something nice, don't say anything at all." That might work in some cases but Sarita Maybin believes there is a better way to handle complicated situations. If you've ever been in a defensive position during an argument and said the wrong thing, this book gives ideas for how to prevent such a situation in the future. It may take constant vigilance to stay on top of these types of situation but with the right words you can have much more control over bad situations. Sarita Maybin encourages you to stay open minded during conflict and to always be polite. I enjoyed her list of one liners you can use to detract from a negative situation. This book has information that might help you online too when someone says an ugly remark. It is always better to be witty than to be angry. A soft answer really does turn away wrath. What I found most useful about this book however was the ways in which to handle problems tactfully. When you say: "I'm sure that it wasn't your intention to..." you sound more sympathetic and compassionate. When you say: "Could you please..." you show an advanced level of politeness. This book will be useful to managers and employees too. There are a lot of work related topics. But this book is also useful for you to get ideas on how to deal with friends and family. There is some good advice on how to say no without offending. And if you need to back up your decision there are more ideas for what to say. So if you are looking for a book that will help you with conflict resolution you will enjoy this book. It puts the power back in your hands and helps you control your life so you can remain more positive and polite. ~The Rebecca Review

Sarita offers great insight into handling difficult discussions that can be applied to professional and personal relationships. She offers examples of why people choose to ignore conflict rather than confront it, how to recognize the root of the issue, your role versus the other party, and suggested approaches and phrases to de-escalate and resolve conflict. You'll also learn how to tactfully be the bearer of bad news. I really enjoyed the convenience of listening to this audiobook because it allowed me to absorb the information quickly. Sarita also voices the book, which is especially nice because you hear the information from the source. She is intelligent, knowledgeable and passionate about helping others perform better in challenging situations. A must read if you want to improve your interpersonal communication skills.

What are your dreams? Have you noticed that great communicators get what they want? Get this book. My response to this book is summarized in one word: "Wow!" On page 12, author Sarita Maybin discusses her insightful "A.I.R. Model" of Awareness, Impact and Request. Excellent information! On page 40, she shares "Sarita's Top 10 Positive Communication Phrases" -- I have posted these 10 items near my computer monitor. On page 90, she discusses "Phrases of Praise." This 140 page book is powerful. Let's notice the truth: the best communicators accomplish more and feel fulfillment. This book will help you accomplish your dreams and enjoy life, too. Tom Marcoux
Author of *Be Heard and Be Trusted: How You Can Use Secrets of the Greatest Communicators to Get What You Want*
Tom's blog: [BeHeardandBeTrusted dot com](http://BeHeardandBeTrusted.com)

Sarita Maybin packed the encyclopedia of interpersonal relationships into this concise, practical book. Her easy to digest how-to's can help you navigate any work or personal challenge. After a small investment in learning Sarita's new "language", you will be well on your way to greater communication finesse. Although the author focuses on empowering us to work better together, the book also serves as a primer on how to create what you want. I've read and followed the Non-Violent Communication process for years and know that it works. I'm delighted that Sarita provides an even simpler way to elevate your communication, and I enjoyed the humorous way she helps you to do so.

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