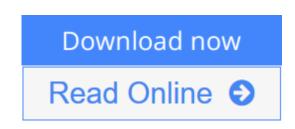
# Suzette Haden Elgin, Ph.D. How to Disagree Without Being Disagreeable

Getting Your Point Across with THE GENTLE ART OF VERBAL SELF-DEFENSE

# How to Disagree Without Being Disagreeable: Getting Your Point Across with the Gentle Art of Verbal Self-Defense

By Suzette Haden Elgin



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As bestselling author Suzette Haden Elgin proves, you don't have to live your life on red alert. With her Gentle Art of Verbal Self-Defense techniques, you'll be able to respond clearly to hostile comments from others--or deliver necessary negative messages of your own--without sacrificing your dignity or principles. You'll learn to:

- \* Keep domestic disagreements from escalating
- \* Deliver criticism to coworkers, employees, or employees
- \* Handle aggressive, negative comments about race, politics, or religion
- \* Provide discipline without increasing hostility
- \* Use language that reduces tension and creates rapport in every situation

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# How to Disagree Without Being Disagreeable: Getting Your Point Across with the Gentle Art of Verbal Self-Defense By Suzette Haden Elgin Bibliography

- Sales Rank: #392541 in Books
- Published on: 1997-04-08
- Original language: English
- Number of items: 1
- Dimensions: 9.08" h x .62" w x 6.10" l, .56 pounds
- Binding: Paperback
- 208 pages

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