



Straight Talk: How to Manage Conversations that Scare You

Maureen Collins

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How do you manage a conversation that you dread having? Many of us are confronted by scary conversations every day: standing up to a toxic boss who is verbally abusive, discussing a niggling problem with a close friend, talking to an interfering mother-in-law or confronting a controlling parent, to name but a few. And of course, everyone would rather avoid having them! Yet by putting off these conversations we often exacerbate the problem, or one day our emotions simply explode. In the process, we lose friends and jobs, damage our marriages and become estranged from family members. In this book, the author illustrates how to manage scary conversations so that you no longer need to fear them. Following tried-and-tested methods, she provides readers with real-life examples on which to model their own conversations, so that they will feel comfortable talking to anybody about almost anything.

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