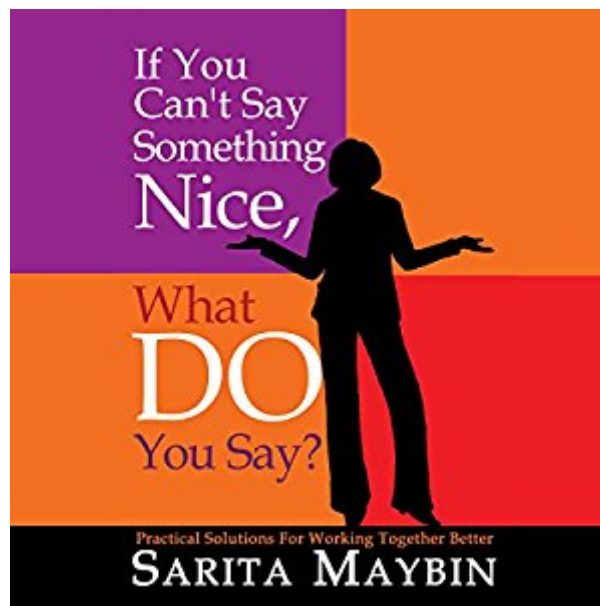


The book was found

# 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 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

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.

I read this book in three sittings and have already have had good results in communicating and working with others. I find it really difficult in some situations to work with others and it's helpful to have a quick reference book as a go to.

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 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.

Sarita's wisdom, humor and uncomplicated prose make this an accessible and enjoyable tool. I applaud her down-to-earth perspective and appreciate the depth of experience she infuses. I'd recommend this for any manager or coach who want a quick reference for concise responses to difficult interactions.

Humor and excellent insight, along with great acronyms you can recall when in the midst of conversations--all that and more can be found in this great read. Sarita really does keep it simple and practical for the conversations you will have for ANY life situation. I have had the honor and pure fun of participating in several Sarita Maybin conferences over the years, and my company has also hired her to train our managers on "working together better" solutions. Reading her book is so much fun, you laugh out loud one moment, then you find yourself nodding and saying "that is so true" the next. My entire management team is reading this book now and exclaiming how "on time" and "helpful" it is! Thanks Sarita, for a book your readers will pick up over and over again!

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