



Words Can Change Your Brain: 12 Conversation Strategies to Build Trust, Resolve Conflict, and Increase Intimacy

Andrew B. Newberg, M.D., Mark Robert Waldman

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Introducing a new strategy that changes the brain to enhance any conversation

In their groundbreaking research, prominent neuroscientist Andrew Newberg, M.D., working with Mark Robert Waldman, has discovered a valuable strategy called Compassionate Communication. In twelve clear steps it allows us to create a special bond with whomever we are speaking, a bond that aligns our brains to work together as one. In this unique state—free from conflict and distrust—we can communicate more effectively, listen more deeply, collaborate without effort, and succeed more quickly at any task.

Using data collected from MBA students, couples in therapy, and caregivers, Newberg and Waldman have seen again and again that Compassionate Communication repositions a difficult conversation for a satisfying conclusion. Whether you are negotiating with your boss or your employees, arguing with your spouse, or coping with your kids, Compassionate Communication is a simple and unbeatable way to achieve a winwin dialogue to help you reach your goals.

Words Can Change Your Brain: 12 Conversation Strategies to Build Trust, Resolve Conflict, and Increase Intimacy Details

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From Reader Review Words Can Change Your Brain: 12 Conversation Strategies to Build Trust, Resolve Conflict, and Increase Intimacy for online ebook

Marjorie Elwood says

I had very mixed feelings about this book. On the one hand, it had some very good ideas, such as: speaking more slowly, ensuring that you are relaxed and positive prior to engaging in a discussion, and most importantly for me: speaking briefly. There were certainly portions that I would like to try out. There were also numerous studies quoted about the power of words and how we say things. On the other hand, it was very prescriptive with its '12-step program'.

Lablover says

I really am glad I took this out of the library. The author basically spent the first two chapters on a sales pitch as to why you should read the book! I couldn't finish it the book because he started to talk about microexpressions which is not HIS information. That is research done by Paul Eckman, explained in Telling Lies. He claims you really don't want to use any negative words with people because of the effect it might have. Well excuse me but how would we ever correct anything. Excuse my negative vernacular but this book was lousy.

Jack Goodstein says

Compassionate communication gurus explain the wonderful effects of positive communing in relationships and business. 12 steps will get you there, provided you want to go. If I say negative things people will be less likely to hear me, so I don't want to say anything critical of what is really a very unnecessary book.

Mady Asa says

It was very exciting book, I would recommend it to my class.

Robert says

3x

If you want to relax, lean back, take three deep breaths, yawn, and then think of calming words. This can actually change the way your genes express themselves. Say no to genetic determinism. Thinking of yourself negatively causes you to think of others negatively. The author would say that this trend should be reversed, but I am cautious to believe that people will be less sinful than I would otherwise think. Self-delusion is a

possibility that should be guarded against. Telling yourself that you are entering into a mutually beneficial exchange will help you to act that way. To encourage empathetic resonance, imagine that you are in the situation as the person with whom you are speaking, ie. the impartial spectator.

If I understand you correctly you mean x, is that true?

Tara Edelman says

Jedi Mind Tricks! Easy read, though I have to admit I didn't do the exercises and skimmed the last 50 pages. Some great insights into thinking about HOW you communicate, how you affect the people in your life and how you can have more successful, constructive interactions in your personal and business lives. Also, useful for thinking about core values and staying true to them in your day-to-day conversations and decision making. Would be constructive for anyone who might feel like they are struggling on the "gets along well with others" part of their report card. We all have moments when it feels that way...right??

Perhaps a little extreme in its bias against anger and negativity. Would be difficult to credibly execute in a lot of environments. Might seem pollyannaish, But coming from such an extreme approach might help people consider their frustration more critically and work through it more constructively.

Erin Henry says

Very interesting and I want to try several of the techniques. My one caveat is that he doesn't seem to make allowance for any negative thoughts.

Sarah says

I really like the idea of limiting ourselves to 30 seconds of speaking.. and how it can affect negative emotions.

Jay says

I listened to this audiobook on a trip a week ago, and I'm afraid that not a whole lot sank in. The key practice I remember is to slow down your conversation, even to ridiculous levels of slowness like one word every few seconds, when you are discussing difficult issues. That is, if you can get your conversation partner to agree. The author walks through a few examples of the use of this technique, which were quite time-consuming on the audiobook. I can see where the extra time allows for the thinking that often occurs instead of listening goes away, replaced by anticipation. The other tactics or practices he describes, like active listening and meditation in preparation for conversation, were not new. Good for reminders of how to converse, and interesting for the slow-talking method proposed.

Hesham says

?????? ????? ???? : ?????? ?????? -_-

Cindy says

This information was good, but this book could have been m-u-c-h s-h-o-r-t-e-r. The basic premise is that how you converse and listen to people can affect the depth of trust and communication that you obtain in your relationships, be they at home or work. The main strategies are to speak slowly, speak briefly, pause for the other person to respond often, and listen 'deeply'. Now, I've saved you the trouble of reading this. You're welcome.

Jenny (Reading Envy) says

Good parts - application of very recent studies by neuroscientists and business scholars to interpersonal communication, using personal values and strengths to make job decisions and cut down on stress,

Not anything new parts - active listening repackaged as 'compassionate communication,' progressive relaxation repackaged as 'compassionate communication,' and meditation repackaged as 'compassionate communication.'

That said, it wasn't a bad read, and it never hurts to be reminded of these core concepts. There were a few studies mentioned that I will read more closely, and I directed some colleagues to the section on values reflection, because I found it personally useful.

I marked a lot of pages, which I will discuss more in my blog review.

Warren says

Excellent research-based advice in this book for deepening one's listening skills and one's ability to communicate with real compassion. Just not sure it needed to be in the form of a full book, as it was repetitive in several parts. Still a valuable resource and worth the time, though.

Cyn Armistead says

Ok, it's been more than a year after I finished this thing, but for some reason, it wasn't marked "read" when I finished the Audible version. Now I'm left trying to remember specifics in order to write a review.

I recall it as having been an excellent book, and I was very excited about it at the time. I think I'll go back

and re-listen to spark recall.

Brian Finifter says

This one didn't click for me so much. It reduces down to the usual how-to's of these kinds of books:

1. Practice mindfulness.
2. Focus on gratitude and positivity.
3. Genuinely listen to other people.

But I think there are better presentations of this same basic subject matter, like "How to Talk So Kids Will Listen and Listen So Kids Will Talk."
