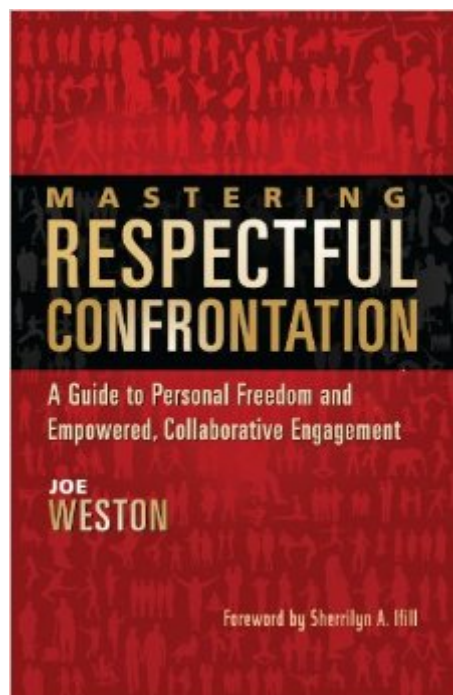


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# Mastering Respectful Confrontation: A Guide To Personal Freedom And Empowered, Collaborative Engagement



## Synopsis

The Preface is written by Sherrilyn A. Ifill, author, professor and current president of the Legal Defense Fund of the N.A.A.C.P. At the heart of MASTERING RESPECTFUL CONFRONTATION is the belief that it is possible to stand in your power, speak your truth, hear the truth of others, and get your needs met in a way that will harm neither you nor others.

## Book Information

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## Customer Reviews

Let me say up front that I'm always happier with a book when it delivers ideas that are backed up by actual practices, especially when those exercises and practices involve the body. I believe very deeply in body-based learning, and Joe Weston's approach to confrontation and communication has everything to do with developing a powerful yet loving physical presence that welcomes the other person into the space for finding commonality and mutual respect. This book is a delight. Joe's humor and deep wisdom come through beautifully. Do these exercises -- and make them a habit (especially the open-hearted interaction and the elephant walking exercises!) -- and you will discover just how mutually satisfying confrontation can be. No compromise. True win-win. Enjoy!

Asking for what you want and knowing how to do it, even if that requires using tough love, but in a way that would cause no harm to yourself or others takes empathy and precious skill. If you haven't mastered that, this book is for you.

Such a needed guide to help people learn how to confront one another and communicate about

difficult issues--who doesn't need this? With our family members and/or our colleagues at work, why do we continue to play out the same dramas and games? Who knows? but, in fact we do. Weston seems to have a knack for laying out guidelines, tested ideas and even practice exercises based on loving communication that takes sensitivity into account. I have found his insights so helpful when collaborating (or trying to collaborate . . . ) on projects where some participants have vulnerabilities and may be easily intimidated. When should you assert yourself, and how? How can you ask for what you want, get your needs met and really be heard? The tools that the author provides makes it all clear and doable. I understand that he is a life coach, which makes perfect sense. He has a unique focus on maintaining one's personal philosophy, values and peace of mind while engaging with others compassionately and productively--even in the most highly charged situations.

This is a creative probing book that allowed me to discover self empowerment. I personally grew up with a background that would be identified from the outsider as the perfect upbringing with two loving parents. However, because my parents never argued or brought up conflicts in front of me, I somehow processed this as .... "its better not to say anything at all if you don't agree." As I grew older, I can remember many times when I finally spoke up as my truth could no longer be suppressed, I felt guilty on behalf of hurting the other person's feelings. Well, those days are over my friends. Joe Weston has helped me to unlock my true voice and capacity to speak with assertive direction embodied by compassion for myself and others. This amazing book is much more than just a self help book, by unlocking your personal authentic communication skills it allows for EVERYONE to benefit. While reading, I felt like I was receiving a private session. It was very intimate, straightforward, and easy to read. I plan to purchase a few more and give out as gifts so we can collectively benefit from this invaluable heart and mind opening material.

Having trouble getting your needs met? Are arguments your worst nightmare? Do you want to find a way to still feel close to someone when you are discussing difficult topics? Then this book is for you! Whether in your personal life or professional life, this book is invaluable. Combining a clear conceptual explanation and presenting embodied exercises to help aid learning, this book helpfully presents Joe Weston's approach to communication. Rather than only explaining theory, there are many practical exercises that make this book different than many others about communication. By helping me understand the differences between conflict and confrontation as well as how to distinguish between assertion and aggression made the book worth every penny. Wow, just understanding that I can ask for what I need and not feel that I was being demanding or

unreasonable were exactly what I needed to help me feel like I might be more successful in challenging interactions. Professionally as a therapist, I often utilize Joe Weston's Respectful Confrontation paradigm with my clients. Many of the exercises in the book have been particularly helpful with my couples. The exercise about "needs and wants" has become a powerful way for my clients to learn to have more successful interactions with others. The greatest lesson from this book is that Joe helped me understand how my true inner strength grows when I stay openhearted, vulnerable and present. On a more global scale, Joe artfully presents how his rethinking of communication might even bring more peaceful interactions to the world. I heartily recommend this book as a standalone, or as an adjunct to Joe's Respectful Confrontation workshops.

I have ordered more copies of Joe Weston's new book 'Respectful Confrontation' - copies for my office staff, my sons and for friends. This is a very practical, logical and useful book. Like most people, I had felt that confrontation meant conflict - now I know the difference. So much time is wasted in avoiding difficult situations. To confront an adversary in a respectful manner - from one's own truth - makes the difference. As an Architect - with clients and with others I now use the principles outlined in 'Respectful Confrontation'. A recent example: I confronted a difficult client in regard to a large fee owed to my firm - using the principles of 'Respectful Confrontation' - we got paid! Joe Weston's principles are based in his wide understanding and knowledge --- the martial arts, world religions, Buddhism --- As reviewed in 'Respectful Confrontation' - we do have the potential to resolve conflicts peacefully.

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