



The Inner Voice

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352 pages - Format: 15.2 x 23 cm - Publication: 2003

To communicate with others, I first have to know how to communicate with myself. This book helps us do what we all have to do: get to know ourselves and see ourselves as we really are. Too often in relationships we are caught in the double trap of accusing both others and ourselves. This book suggests practical ways to become better friends with ourselves and others.

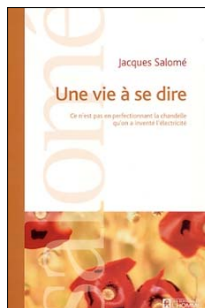
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