



## Stopping Words That Hurt: Positive Words in a World Gone Negative

*Dr. Michael D. Sedler*

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Dr. Michael D. Sedler

## Stopping Words That Hurt: Positive Words in a World Gone Negative Dr. Michael D. Sedler Words Can Hurt More Than Sticks and Stones--and the Wounds Can Last a Lifetime

From the evening news and our favorite television shows to friends' Facebook statuses and office gossip, hardly a day goes by that we don't come into contact with negative language. The issue is *not* whether you can avoid hurtful words but how you will respond to them.

In *Stopping Words That Hurt*, communication expert Dr. Michael D. Sedler offers groundbreaking, practical strategies for identifying, counteracting and responding graciously--and lovingly--to gossip, criticism and negative words. He will show you how to

- discern why people relay destructive gossip
- identify a negative conversation or hurtful language and counteract it?
- find freedom and reconciliation with those who have spoken harm to you
- speak life-giving words, even when you don't want to

Our words can profoundly hurt--or heal. Silence in the face of negativity is not enough. Whether you are a parent, leader, teacher, spouse or friend, it's time for building one another up--and stopping words that hurt.

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