



# Healing Conversations: What to Say When You Don't Know What to Say

*Nance Guilmartin*

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## **Healing Conversations: What to Say When You Don't Know What to Say** Nance Guilmartin

Whether it's the loss of a job, a marriage, or a life, in today's 24/7 world we're increasingly faced with uncomfortable situations where we don't know what to say yet we're called upon to quickly respond -- online or in person. We may fumble, avoid contact, or simply walk away perplexed, thinking we have done a bad job of responding to our friends, family, neighbors, clients, and co-workers. How do we pause, listen, and offer comfort in those hard moments? Filled with touching stories, this practical guide helps us step into someone else's shoes so that we can empathetically learn how to respond in times of need. The revised compact edition includes a new introduction, index and short reflections at the end of each chapter to help readers become more comfortable and effective when offering or accepting comfort in their demanding lives.

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