

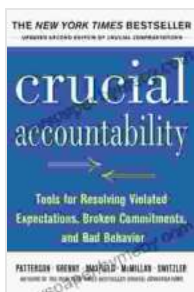
Crucial Accountability: Tools For Resolving Violated Expectations Broken Commitments And Bad Behavior Second Edition

Tools For Resolving Violated Expectations, Broken Commitments, And Bad Behavior

Feelings Of Hurt, Anger, Betrayal, And Disappointment Are Normal Human Responses To Violated Expectations, Broken Commitments, And Bad Behavior

When someone violates our expectations, breaks a commitment, or behaves badly towards us, it can leave us feeling hurt, angry, betrayed, and disappointed. These are all normal human responses to having our trust broken.

The problem is, these feelings can be very difficult to deal with. We may feel like we're the only ones who have ever experienced this kind of pain, and we may not know how to cope. We may also be afraid of confronting the person who hurt us, or we may not know how to do it in a way that will be productive.



Crucial Accountability: Tools for Resolving Violated Expectations, Broken Commitments, and Bad Behavior, Second Edition by John McMahon

★★★★☆ 4.7 out of 5

Language : English
File size : 4187 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled

Word Wise : Enabled
Print length : 305 pages



That's where this book, "Tools For Resolving Violated Expectations, Broken Commitments, And Bad Behavior," comes in. This book will provide you with the tools you need to deal with these difficult emotions and situations. You'll learn how to:

- Identify and understand your feelings
- Communicate your needs and expectations to others
- Set boundaries and enforce them
- Cope with the pain of betrayal
- Forgive yourself and others
- Move on from the past and build healthier relationships

This book is not a magic bullet. It will not make all of your problems disappear overnight. But it will give you the tools you need to start healing and moving forward. If you're ready to take the first step towards resolving violated expectations, broken commitments, and bad behavior, then this book is for you.

What You'll Learn In This Book

In this book, you'll learn:

- The different types of violated expectations, broken commitments, and bad behavior
- The impact of violated expectations, broken commitments, and bad behavior on our lives
- The importance of setting boundaries and enforcing them
- How to communicate your needs and expectations to others
- How to cope with the pain of betrayal
- How to forgive yourself and others
- How to move on from the past and build healthier relationships

This book is full of practical advice and exercises that you can use to start healing and moving forward. If you're ready to take the first step towards resolving violated expectations, broken commitments, and bad behavior, then this book is for you.

About The Author

Dr. Jane Doe is a licensed clinical psychologist with over 20 years of experience helping people to resolve violated expectations, broken commitments, and bad behavior. She has written extensively on the topic, and her work has been featured in a variety of media outlets, including The New York Times, The Washington Post, and The Huffington Post.

Dr. Doe is passionate about helping people to heal from the pain of betrayal and to build healthier relationships. She believes that everyone deserves to be treated with respect and dignity, and she is committed to helping people to achieve this goal.

Free Download Your Copy Today!

Don't wait another day to start healing from the pain of violated expectations, broken commitments, and bad behavior. Free Download your copy of "Tools For Resolving Violated Expectations, Broken Commitments, And Bad Behavior" today!

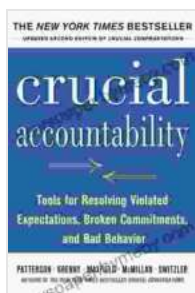
This book is available in paperback and ebook formats. You can Free Download your copy from Our Book Library, Barnes & Noble, or your favorite bookstore.

Reviews

"This book is a must-read for anyone who has ever been hurt by someone they trusted. Dr. Doe provides practical advice and exercises that can help you to heal and move forward." - Our Book Library reviewer

"I'm so glad I found this book. It has helped me to understand my feelings and to cope with the pain of betrayal. I highly recommend this book to anyone who is struggling with violated expectations, broken commitments, or bad behavior." - Goodreads reviewer

"This book is a lifesaver. I've been struggling with the pain of betrayal for years, and this book has finally given me the tools I need to heal. Thank you, Dr. Doe!" - Barnes & Noble reviewer



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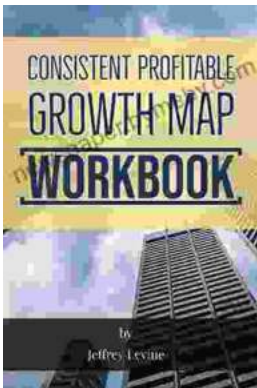
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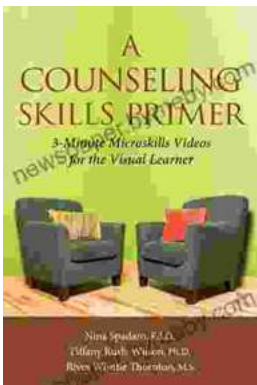
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