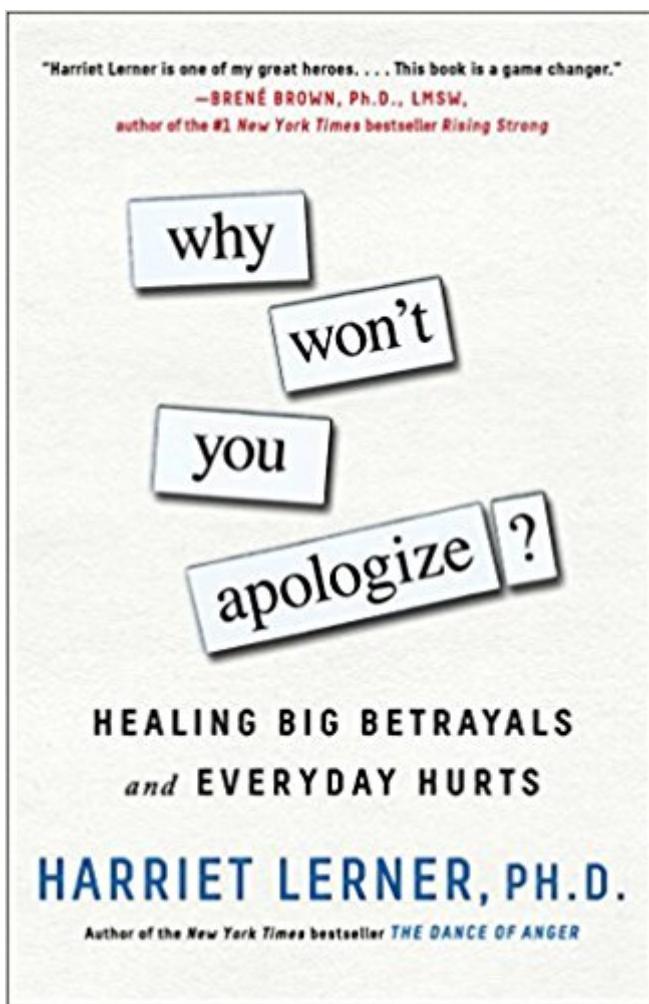


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# Why Won't You Apologize?: Healing Big Betrayals And Everyday Hurts



## Synopsis

â œlf you want to know why Harriet Lerner is one of my great heroes, Why Wonâ ™t You Apologize? is the answer. This book is a game changer.â • â "BrenÃ© Brown, PhD, LMSW, author of the #1 New York Times bestseller Rising Strong â œHarriet Lerner is one hell of a wise woman. She draws you in with deft and engaging prose, and then changes your life with her rigorous intelligence and her deeply human advice. I promise that you will never see â ^the apologyâ ™ in quite the same way.â • â "Esther Perel, MA, LMFT author of Mating in Captivity Renowned psychologist and bestselling author of The Dance of Anger sheds new light on the two most important words in the English languageâ "lâ ™m sorryâ "and offers a unique perspective on the challenge of healing broken connections and restoring trust. Dr. Harriet Lerner has been studying apologiesâ "and why some people wonâ ™t give themâ "for more than two decades. Now she offers compelling stories and solid theory that bring home how much the simple apology matters and what is required for healing when the hurt weâ ™ve inflicted (or received) is far from simple. Readers will learn how to craft a deeply meaningful â œlâ ™m sorryâ • and avoid apologies that only deepen the original injury. Why Wonâ ™t You Apologize? also addresses the compelling needs of the injured partyâ "the one who has been hurt by someone who wonâ ™t apologize, tell the truth, or feel remorse. Lerner explains what drives both the non-apologizer and the over-apologizer, as well as why the people who do the worst things are the least able to own up. She helps the injured person resist pressure to forgive too easily and challenges the popular notion that forgiveness is the only path to peace of mind. With her trademark humor and wit, Lerner offers a joyful and sanity-saving guide to setting things right.

## Book Information

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## Customer Reviews

"If you want to learn the art and craft of apology and repair when you've hurt someone you care about, this is your book. If you are frustrated with a loved one who is no good at accepting responsibility for hurting you, this is your book. If you want powerful insights into human relationships delivered in personal, enjoyable writing, let me say it plainly: this is the best self-help book I've ever read!" --William Doherty, Ph.D. professor of Family Social Science at the University of Minnesota, author of *Take Back Your Marriage* à œl love Harriet Lerner™s work! • --Anne Lamott, author of *Help, Thanks, Wow* and *Bird by Bird*"A profoundly insightful look into the many ways humans hurt each other and the power of apology to restore broken relationships. Harriet Lerner has written a valuable guide for both those who deserve an apology and those who owe one." --John Kador, author of *Effective Apology*"With her signature punch and humor, Harriet Lerner tackles the injuries that occur in marriage, family and friendship. Her advice for repairing hurts and earning forgiveness is fresh, profound, life-affirming and immediately useful." --Janis Abrahms Spring, Ph.D., author of *How Can I Forgive You?*"Why Won't You Apologize? is at once practical and profound. It guides us through the most difficult places in human relationships. Read this book, then pass it on to the non-apologizer in your life." --Monica McGoldrick, M.A., LCSW, Ph.D. (Honorary), Director of the Multicultural Family Institute in Highland Park, New Jersey" Lerner takes us beyond the simple "I'm sorry," to show us how to restore connection with those we love the most. This wise and eminently down-to-earth book is a guide that will last a lifetime and heal the hearts of so many." --Dr. Sue Johnson, author of *Hold me Tight: Seven Conversations for a Lifetime of Love*"With accessible language, luminous examples, and clinical nuance, Harriet Lerner shows us the value and power of apologies--and how and when to deliver and receive them. We applaud her achievement, including her compelling analysis of the dynamics of forgiveness. We recommend this book to anyone who has suffered hurt from others, or caused others to suffer. Who among us has not done both?" --Harville Hendrix, Ph. D. and Helen LaKelly Hunt, Ph. D., authors of *Making Marriage Simple* and *Getting the Love You Want*"Why Won't You Apologize? is an immensely intelligent book. Lerner is an intrepid agent of change. What a gift!" --Judith V. Jordan, Ph.D., Director of the Jean Baker Miller Training Institute at the Wellesley Center for Women À "What a powerful book. Anyone who has friends, co-workers, family members would do well to have a copy of this book at the ready... just in

case."--The Charlotte Observer"Most wonderfully, Lerner tackles absent apologies that hurt and demoralize. She considers forgiving vs. letting go and shows readers how to have one without the other...Highly recommended for mental health professionals and anyone struggling to offer an apology, hoping for one, or wishing to move on "with or without forgiving."--Library Journal"Soulful, compassionate, and oh so right." --Susie Orbach,Â co-founder of The Women's Therapy Centre in London and The Women's Therapy Center in New York.Â

Harriet Lerner, PhD is one of our nationâ™s most loved and respected relationship experts.Â Renowned for her work on the psychology of women and family relationships, she served as a staff psychologist at the Menninger Clinic for several decades. A distinguished lecturer, consultant, and psychotherapist, she is the author of numerous scholarly articles and popular books, including the New York TimesÂ bestseller *The Dance of Anger* and *Why Wonâ™t You Apologize?*. Â She and her husband live in Lawrence, Kansas and have two grown sons.

I read this book in an afternoon. Once I've had a chance to absorb its truths a bit more, I plan to read it again. This book is for everyone and anyone who has ever needed to offer or to accept an apology. Not only does Lerner offer anecdotes the reader can easier identify with, she offers practical tools that make it possible for one to move forward. Chapter 10: "'You Need to Forgive' and Other Lies That Hurt You" on its own was well worth the price of the book. Thank you, Dr. Lerner!

Wow...great book! We will see if any of the advice works on my a-hole brother

very readable book. Useful tips.

great

An interesting book and eye opener on apology and forgiveness. I like the attitude which is both self compassionate and teaches how to handle apologies going in and out. I like how I now understand better why some apologies feel better than others and when I'm just being dooped.

i want to give this book to everyone I know. We should all have to read it in school before we are unleashed on an unsuspecting world

Wise, helpful.

for both the person needing to apologize and the person expecting the apology. Harriet is so wise. Recommend for couples.

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