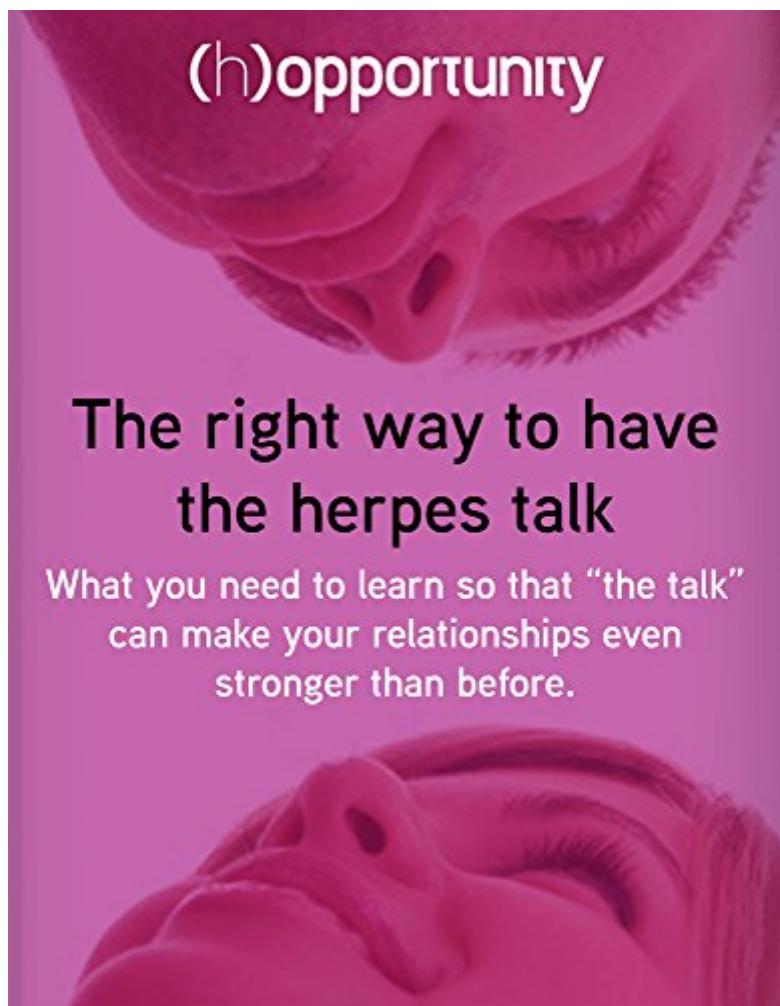


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# **The Right Way To Have The Herpes Talk: What You Need To Learn So That “the Talk” Can Make Your Relationships Even Stronger Than Before. (Guides Book 3)**





## Synopsis

These days, when I tell a new partner about herpes, it's usually not a problem. Instead of driving people away, having the talk often brings me and the other person even closer together. But it wasn't always like this. When I first got herpes, I was terrified to communicate about it. I expected to be rejected every single time. And I did get rejected. Big time! I had my fair share of tragic and painful conversations. I had to learn the hard way what NOT to do. In this comprehensive Guide I have collected the most important tools and perspectives I have used in my years of coaching into one easy to understand program. I've collaborated with relationship and communication experts to walk you through some of the most essential lessons about how to communicate about this delicate topic. This guide walks you through the mental and emotional challenges of herpes communication. And takes a revealing look at what's really possible when you communicate with clarity and authenticity. Here are just a few of the things you'll get from this book: I show you the most common mistakes to avoid when talking about herpes so you don't scare people away. Help you understand what the other person needs to hear (and how they need to hear it) so they can feel a sense of safety and trust. I'll teach you powerful techniques that you can practice at home that will help you feel confident and grounded (long before you ever have the talk). You'll learn new ways to manage communication in your life so that you shine (instead of shrink) when it's time to communicate about herpes. I'll show you what most successful disclosure conversations have in common so that you can include these essential elements. Together, we'll clear the confusion around timing herpes communication so you can decide with confidence when it's the right time for you to have the talk with someone new. I'll also reveal proven methods to help you determine who you can trust with your secret long before you decide to tell them. You'll learn why some disclosure conversations bring people closer than ever before, and how they can actually be the reason people fall in love. I'll show you how to lead the conversation where you want it to go instead of letting painful emotions take over. You'll also get a checklist of important questions you can ask yourself before having the talk so that you can relax about your worst fears and instead of worrying, you can prepare for things to go great. This is your opportunity to get better at communication than 99% of people ever do. There are things that you can learn and do right now that can make the crucial difference for you the next time you tell someone about herpes. The truth is that most people don't ever learn the fundamentals of good communication. This is an opportunity to get better at communication than 99% of people ever do. I'm sure you can imagine how mastering communication skills can

improve virtually every single area of your life. Can I tell you which of these techniques in this book will make the difference for you? Of course not... but I can tell you that I get messages every day from people who tell me that their relationships are better than ever thanks to their ability to communicate about herpes (and everything else) with confidence. It feels amazing when someone tells me about the relief and joy they feel knowing that having the talk no longer holds them back from creating the relationships and romantic connections that they want. I'm confident that if you invest a little time and energy into learning some new things you can learn how to talk about herpes in a way that makes your relationships even stronger than before.

## **Book Information**

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## **Customer Reviews**

The exercises in the book prepared me to have the most important conversation of my life with someone I'm now very close to. In the past I would have run away to avoid rejection. But now I was able to say the right things in the right way. I'm a better communicator than I ever thought possible (because I never even thought about it). Talking about this was the scariest thing I ever thought

about doing. I had no idea how to handle it. I felt blind, scared and stupid. This book opened up a whole new world of communication for me. Looking back I realize that no one ever taught me much of anything about how to communicate (especially about difficult topics). The communication skills I got from my parents were really not so good. This book taught me things I wish I had learned years ago.

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