



I Don't Have to Make Everything All Better: Six Practical Principles that Empower Others to Solve Their Own Problems While Enriching Your Relationships

By Gary Lundberg, Joy Lundberg

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In their weekly radio show and in their popular workshops, **Gary** and **Joy Lundberg** have already helped thousands of people and their families to communicate more effectively. Now, the Lundbergs address an all too common dilemma that arises when others expect you to solve their problems for them, showing readers how they can shed the no-win role of "fixer" and empower people to solve their own problems through validation--a simple yet profound communication tool that is essential to any healthy relationship. Refreshingly straightforward, this inspiring and entertaining work is poised to become a classic guide for anyone who wishes to improve relationships with their partner, children, colleagues and friends.

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Editorial Review

From Publishers Weekly

Based on Gary Lundberg's work in family and relationship counseling, this revised version of a self-published work wisely maintains the deliberately simple narrative voice of the original. The authors call for "validation," a powerful technique for improving one-on-one communication that involves careful, empathetic listening to another person's feelings without judging, criticizing or attempting to solve his or her problems. The authors demonstrate this technique's startling effectiveness in a variety of situations and provide readers with valuable coaching and specific responses, cautioning that authentic validation is grounded in respect and honesty, or else it might be seen as manipulation. The Lundbergs include many recognizable examples from their workshop practice and from their experience as parents of five. Some sample situations may be resolved a bit too easily for some tastes, but even the most jaded reader is bound to learn from the material, which holds special appeal for parents of young children. Anyone who has been confronted with a spouse or a child who had a bad day, a cranky customer, colleague or demanding relative stands to benefit from the Lundbergs' advice. Author tour.

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About the Author

Gary Lundberg is a licensed marriage and family therapist in private practice. Together with his wife, writer, speaker, lyricist and poet **Joy Saunders Lundberg**, they co-host a weekly radio show on relationships (**Morning with the Lundbergs**) and present seminars and workshops around the country. They are the parents of five children.

Joy Saunders Lundberg is a writer and speaker. Together with her husband Gary Lundberg she presents seminars and workshops throughout the country and cohosts a weekly radio show on relationships. The parents of five children, they live in Provo, Utah. Meet them on their Web site at www.allbetter.net.

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