



# Saying What's Real: 7 Keys to Authentic Communication and Relationship Success

*Susan Campbell*

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**Saying What's Real: 7 Keys to Authentic Communication and Relationship Success** Susan Campbell  
Susan Campbell's advice is as provocative as it is simple: stay present and get real in your relationships. Demystifying the process of becoming completely honest with your spouse, your friends, and your business associates, she provides seven key phrases that will dramatically improve your ability to communicate. In these pages, Dr. Campbell offers succinct and practical insight on how to transform your communication into a process of relating to others in a direct and positive way.

The seven key phrases will show you how to:  
bring passion and vitality to your interactions  
respond authentically to mixed messages and hidden agendas  
deal effectively with conflict and differences  
transmit a powerful personal presence  
clear anger and resentment in a nonblaming, compassionate way  
keep your mind free of unfinished business and unprocessed feelings  
express your needs powerfully and without manipulation

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