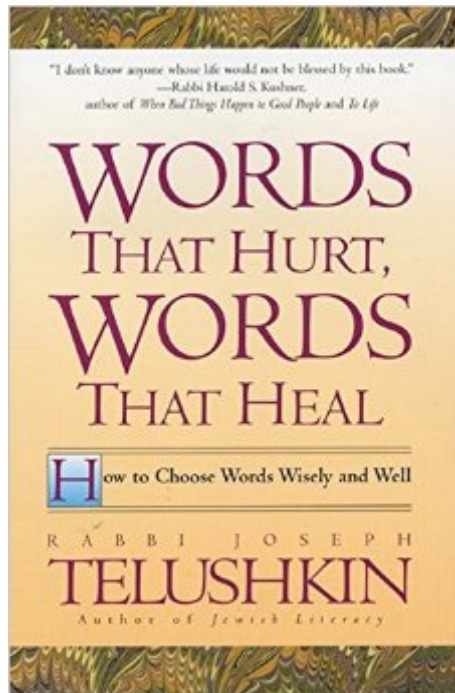


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# Words That Hurt, Words That Heal: How To Choose Words Wisely And Well



## Synopsis

Joseph Telushkin is renowned for his warmth, his erudition, and his richly anecdotal insights, and in *Words That Hurt, Words That Heal* he focuses these gifts on the words we use in public and in private, revealing their tremendous power to shape relationships. With wit and wide-ranging intelligence, Rabbi Telushkin explains the harm in spreading gossip, rumors, or others' secrets, and how unfair anger, excessive criticism, or lying undermines true communication. By sensitizing us to subtleties of speech we may never have considered before, he shows us how to turn every exchange into an opportunity. Remarkable for its clarity and practicality, *Words That Hurt, Words That Heal* illuminates the powerful effects we create by what we say and how we say it.

## Book Information

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## Customer Reviews

Old children's rhyme: Sticks and stones may break my bones but words can never hurt me. Real life: Sticks and stones break only bones and bones they heal so fast. But words destroy and kill the soul till nothing's left at last. Written by a Jewish rabbi and based on his years of experience and study, this book starts with the problem of how we hurt others everyday with our words even when that is not our intention. He discusses the obvious damages of slander, propaganda and gossip and also other ways that we hurt others. For example, if we know something to be true about someone then do we tell someone else? Well, that depends on the circumstances. Is there an issue of someone else's safety involved? Will it help another to avoid financial or other mistakes? If it is just something that you know but will do nothing but cause humiliation to the other person then it is best to keep it to yourself, even if it is the truth. If the only reason to tell someone else is to lower their

opinion of the person then it is unethical to disclose the information. Can people change? I'm sure that each of us knows at least one person who has made a complete change in their lifestyle. Some for the better and some for the worst. As for me, I would not want to be judged today based on all of my opinions, words and actions as a teenager. The author looks at several ways that the press and others have ruined people because while a person can change their life, they cannot change their past. This is a guide for all those who want to change or improve their relationship whether personal, in business, or other circumstances. This is a guide for those who want to improve their marriage or move it up to the next higher level.

This book is for anyone who believes in their heart, that the following statement is not true, "Sticks and stones may break my bones but words will never hurt me". The author, Rabbi Telushkin, states that the words we choose in our everyday conversations are not simply a monotone stream of noise for exchanging information. Rather, words possess tremendous power to shape or break relationships. They can humiliate and destroy reputations, careers, friendships, and marriages and thus leave deep, emotional scars and irrevocable damage. And, unfortunately, in our society, it seems as though the only verbal exchanges that most (but not all) people are not uncomfortable with, and secretly relish, whether they publicly admit so or not, are the ones that appeal to the weak side of human nature, such as spreading malicious gossip and rumors, constantly criticizing and finding faults in others, and making prejudicial and ugly comments about various racial, ethnic, and religious groups. Thus by creating a toxic environment, we should not be surprised that there is a small minority, who refuses to take part in this nauseating verbal incivility, and therefore finds themselves isolated, emotionally paralyzed, and unable to wholeheartedly live life to the fullest. This is where Rabbi Telushkin eloquently offers soothing advice to this often ignored and unspoken pain. He states that if people were more self-aware and acutely conscious to the inflammatory power of words and its devastating consequences, rather than denying that they exist, they can learn to refrain from (think before you speak!) making inappropriate and negative comments and lead a richer and emotionally deeper life.

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