



Give Yourself the Answers Instead of Asking Questions

Dr. Eric Dlugokinski

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Go one day without asking a question and your life may change forever. This is the challenge that Dr. Eric Dlugokinski suggests in *Give Yourself the Answers Instead of Asking Questions*. Although it is a popular notion that questions are an essential and integral part of rich and sensitive communication, Dlugokinski illustrates how there are often inappropriate or 'deadly' questions that disrupt healthy relating. Those 'deadly' questions occur when the speaker asks someone a question that they themselves need to answer. 'Deadly' questions can bring chaos to parenting, deferred development for children, lack of intimacy to personal relationships, limited efficiency and productivity in the work setting, and limitations in the ability for self-direction and the direction of others. Through case examples Dlugokinski illustrates how readers can acquire greater personal understanding and acceptance, a key to communicating more effectively and intimately with others. As readers *Give Themselves the Answers Instead of Asking Questions*, they learn to value the unique person they are, live proactively, and improve their relationships with others.

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