



The Sorry Syndrome: How to Learn from Missteps Without Apologizing

John B. Waterhouse PhD

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Why do so many people constantly say they're sorry?even for the most trifling of offenses?

If this question intrigues you, you're ready to enter a new and brighter world. When you open up *The Sorry Syndrome*, Dr. John Waterhouse takes you on a journey of self-empowerment and discovery. He illuminates our ineffective cultural norm of apologizing and offers a healthier model for resolving conflict and reestablishing trust.

Can I escape this ingrained habit and live a sorry-free life?

Yes – you can! By reframing your role when things don't go well, taking responsibility for your actions, and learning from difficult experiences, you can gain an understanding that creates better outcomes for everyone. With compelling explanations, colorful examples, and concrete steps, Dr. John Waterhouse teaches you how to improve communication, learn from your missteps, and develop healthier relationships.

Look inside, solve The Sorry Syndrome, and never be sorry again!

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