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Original title: *Sa jeg noe feil?*

Hvorfor samtaler skjærer seg, og hvordan vi kan

bli bedre til å snakke sammen

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OTHER TITLES

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Aksel Inge Sinding

Did I Say Something Wrong?

What do you say to someone who is frustrated and despairing about life, when you so badly want them to be well?

How do you talk to someone who, despite all your positive feedback, intensely dislikes themselves? Or to someone who is in the middle of a breakup and has to start over, against their will? What do you say to someone who has lost their child, when it tears you apart to see their grief? The short answer is: Try to show understanding for how they feel, and acknowledge their experience. Show empathy.

Did I Say Something Wrong? is an easy-to-read, engaging and wise book about how we meet each other in conversations – whether the conversations are about everyday frustrations, conflicts, standing firm in something, lack of motivation, mental health problems or having to support someone through something challenging. In an inspiring and clear way, psychologist and author Aksel Inge Sinding conveys basic empathic principles, and gives the reader effective tools and insights that can be used by everyone. The author uses stories from his own and others' lives, as well as examples from everyday situations and the therapy room.

Did I Say Something Wrong? is a book that most people can benefit from, whether you are a partner or relative, a manager, a teacher, a counselor or a healthcare worker. Or simply want to become a better conversation partner.

Aksel Inge Sinding

Aksel Inge Sinding is a psychologist specializing in emotion-focused therapy and emotion-focused skills training for parents. He works at the Institute for Psychological Counseling, with individual therapy, parenting guidance and supervision of psychologists.



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