

Issued 9/23/05 via PR Newswire for their Women's Issues features pack

**NOTE:** this press release resulted in a feature article for this author in

**ELLE** magazine, circulation 4.4M

[click here to see the article](#)

## Empowering Message for Women From Conflict Resolution Expert: Don't Be Nice — Be REAL Balancing Passion for Self With Compassion for Others

SAN DIEGO, CA – It's an all too common syndrome: the tendency to "be nice" at the expense of getting one's needs met. And, ultimately, becoming a doormat leads to feeling powerless and victimized by other people and circumstances. So what's a well-intentioned woman to do? According to therapist turned author Kelly Bryson, MA, MFT, "Don't Be Nice – Be REAL!" Which is also the title of his new book (Elite Books, October, \$15.00), available online as well as in bookstores nationwide.

Bryson, a family systems therapist and international conflict resolution specialist feels this empowering message is especially geared to women ages 27-62 who are ready to understand and acknowledge that the primary problem in their relationships is "self abandonment." Now, finally, this book gives women permission to not only be selfish but appreciate the *spirituality of selfishness* by learning the healthy art of compassion without compromise.

([www.LanguageOfCompassion.com](http://www.LanguageOfCompassion.com))

"We all need to learn to dance in rhythm to the beat of our own soul and to develop skills that permit us to enjoy it when others freak out." Next, according to Bryson, we need to "...*evolve our selfishness* so as to balance getting our short term needs met while staying in harmony with those around us." *Don't Be Nice, Be REAL: Balancing Passion For Self With Compassion For Others, A Handbook For Compassionate Communication* draws from his own real world experience which includes serving as a conflict resolution trainer for nearly two decades in hot spots around the globe — including Northern

Ireland, Bosnia, and Palestine — in association with the International Centers for Nonviolent Communication.

With chapters like "How to rock the boat without drowning anyone," Bryson helps move the reader toward genuine intimacy that results from sharing who you truly are with those in your life. Learning to shift from an angry, defensive, and controlling mode to relationships based upon compassionate authenticity is accomplished with humor as well as practical instruction.

Through workshops and national speaking engagements Bryson has also taught his communication techniques to a diverse array of businesses and groups including Paul Mitchell Systems, Tony Robbins Research International, and Bristol-Myers Squibb as well as the National Conference of Christians and Jews, National Montessori Convention, and the University of Belgrade.

###

**Company:** The Center for Compassion

**NOTE TO EDITORS:** 5-city book tour commences third week in October to Seattle, San Francisco, San Diego, Portland, and Orange County. Kelly Bryson, MA, MFT, is available for broadcast or print interviews. Review copies and book excerpts available.

**Contact:** (Ms.) "Sam" Jernigan, Renaissance Consultations, sam@MarketingAndPR.com  
707.591.9202 (PST)