

The Ego Tango Bio:

In this collection of real-life stories author Amy Carroll offers external behaviours and internal mindsets showing you how to have richer, more rewarding relationships, both personally and professionally. Amy encourages you to look for the humour and humanity in each story, while extracting the gems and applying them to your everyday interactions.

Do you have colleagues, family members or neighbours that just drive you crazy sometimes?

Do you occasionally find yourself feeling disrespected or annoyed by others?

If this is true for you, you'll want to read *The Ego Tango*!

Communication expert, speaker, coach, trainer and podcast host, Amy Carroll highlights how you may be unknowingly sabotaging your business and personal relationships!

Uncover what you can do differently to:

- **Shift from unconscious reactions to conscious responses.**
- **Tap into your emotional awareness, create new pathways in your brain and develop better habits.**
- **Get more of what you want, more often, with *less hassle*.**

This book is a portable coach! Discover the 7 Partner mindset techniques, the Predator, Prey, Partner® communication model and a series of coaching questions for you to answer in this working manual. Once you begin to recognize and apply the techniques, your relationships will never be the same again.

*“Amy Carroll’s work and book *The Ego Tango* are evergreen. Why? Because we never stop relating to new characters in this play called ‘life.’ New people create new challenges. We’re always in some sort of dance of communication with people that we live, work and play with. Amy teaches us to walk with people, instead of tango.”* Ellen Snortland, Author & Coach.

264 words