



The Lost Art of Listening, Second Edition: How Learning to Listen Can Improve Relationships

Michael P. Nichols PhD PhD

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One person talks; the other listens. It's so basic that we take it for granted. Unfortunately, most of us think of ourselves as better listeners than we actually are. Why do we so often fail to connect when speaking with family members, romantic partners, colleagues, or friends? How do emotional reactions get in the way of real communication? This thoughtful, witty, and empathic book has already helped over 100,000 people break through conflicts and transform their personal and professional relationships. Experienced therapist Michael P. Nichols, PhD, provides vivid examples, easy-to-learn techniques, and practical exercises for becoming a better listener and making yourself heard and understood, even in difficult situations.

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Anthony Collins:

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Carol Williams:

Playing with family within a park, coming to see the sea world or hanging out with buddies is thing that usually you may have done when you have spare time, subsequently why you don't try point that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The Lost Art of Listening, Second Edition: How Learning to Listen Can Improve Relationships, it is possible to enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't buy it, oh come on its referred to as reading friends.

Ernestine Biggs:

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