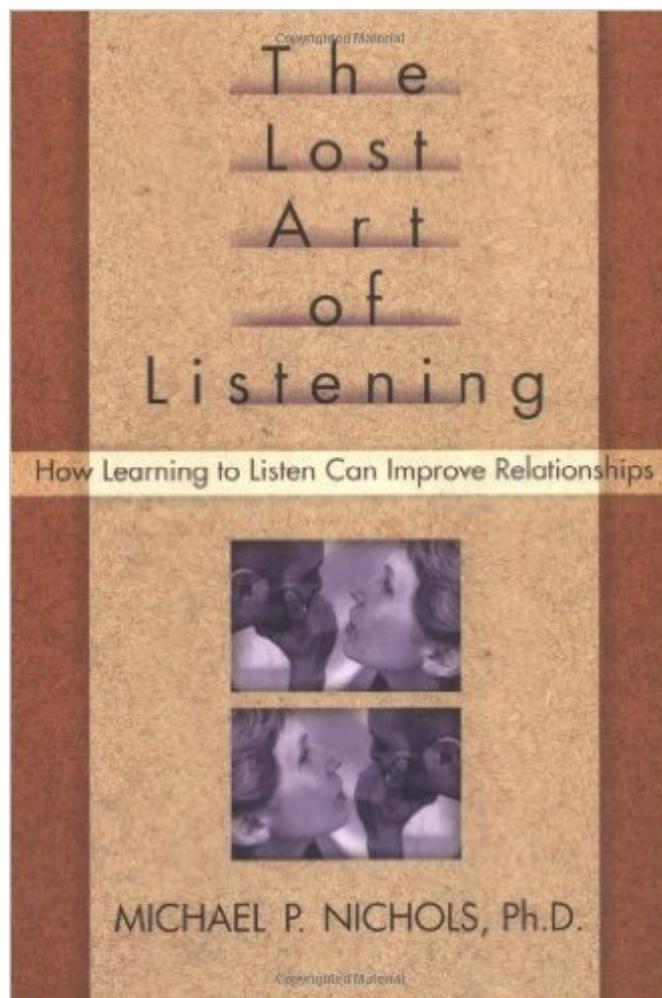


The book was found

# The Lost Art Of Listening: How Learning To Listen Can Improve Relationships



## **Synopsis**

Why do we often feel cut off when speaking to the people closest to us family members, friends, or colleagues? What is it that keeps so many of us from really listening? Michael P. Nichols answers these questions and more in this thoughtful, witty, and helpful look at the reasons people don't hear one another. His book, a guide to the secrets of listening and being listened to, is filled with vivid examples that clearly demonstrate easy-to-learn techniques for becoming a better listener. He also illustrates how empathic listening enables us to break through misunderstandings and conflict and to transform our personal and professional relationships.

## **Book Information**

Series: Guilford Family Therapy

Paperback: 251 pages

Publisher: The Guilford Press; 58515th edition (May 3, 1994)

Language: English

ISBN-10: 1572301317

ISBN-13: 978-1572301313

Product Dimensions: 9 x 6 x 0.7 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.5 out of 5 starsÂ  [See all reviewsÂ](#) (95 customer reviews)

Best Sellers Rank: #579,418 in Books (See Top 100 in Books)   #72 inÂ  Books > Parenting & Relationships > Family Health   #685 inÂ  Books > Self-Help > Relationships > Conflict Management   #747 inÂ  Books > Parenting & Relationships > Family Relationships > Conflict Resolution

## **Customer Reviews**

Michael Nichols' book, 'The Lost Art of Listening: How Learning to Listen Can Improve Relationships', is a wonderful tool for making listening, which is so often taken for granted and so often misunderstood, a truly effective tool in your hands.--Why is listening important?--A basic question, and on the surface, a rather simple one. But too often we are preoccupied with ourselves to hear and give sufficient empathy to the other to really hear what is being said. Most of us think we are better listeners than we in fact are, but of course, most of us assume we are better communicators than we are. Quite often we fall into competitive conversationalism; we are busy thinking about our next statement rather than listening to what is being said. Being heard also means being taken seriously. It is a true hearing, not a simple reassurance (which may not be warranted or realistic); it helps to shape self-respect, and makes the difference between being accepted and

being isolated. This means that the listener must be keyed in to her or his own experience and 'listening agenda', those unspoken and subconscious assumptions being made that fill in the gaps when a conversation is going on.'There is a big difference between showing interest and being interested.'--Why don't people listen?--Listening requires a suspension of self, which is very hard to do. It requires suspending judgement, which is often counter-intuitive. 'But they asked my opinion', might be the reply. Of course they did, because our conversational conventions require that, but in fact they often didn't want an opinion, but rather a listener.Nichols gives a few examples of this non-listening, which often involve the following phrases:'That reminds me of the time...' (i.e., 'I can top that...

[Download to continue reading...](#)

The Lost Art of Listening: How Learning to Listen Can Improve Relationships Learn to Listen, Listen to Learn, Level 2: Academic Listening and Note-Taking, 3rd Edition Learning: 25 Learning Techniques for Accelerated Learning - Learn Faster by 300%! (Learning, Memory Techniques, Accelerated Learning, Memory, E Learning, ... Learning Techniques, Exam Preparation) Como Hablar Para Que los Ninos Escuchen y Como Escuchar Para Que los Ninos Hablen = How to Talk So Kids Will Listen & Listen So Kids Will Talk (Spanish Edition) How to Talk So Kids Will Listen and Listen So Kids Will Talk Learn: Cognitive Psychology - How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games, Learning Techniques, Learning ... Learning, Cognitive Science, Study) Social Marketing to the Business Customer: Listen to Your B2B Market, Generate Major Account Leads, and Build Client Relationships Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Polyamory: The Practical Dater's Guide to the Pursuit and Maintenance of Open Relationships \*\*FREE BONUS BOOK\*\* (Polyamory, Polyamorous, Relationship, ... Polyamory Dating, Open Relationships) The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships Signature for Success: How to Analyze Handwriting and Improve Your Career, Your Relationships, and Your Life Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families Effective TCP/IP Programming: 44 Tips to Improve Your Network Programs: 44 Tips to Improve Your Network Programs Eyesight: How to Naturally Improve Vision - Proven Quick Tips to Improve Eyesight Vision in 30 Days or Less (eyesight improvement, eyesight cure, better eyesight) Listen To Your Smart Voice: And Stay Safe! Listen and Lose Weight Listen and Lose Weight: The

Breakthrough Hypnosis Program for Permanent Weight Loss Talk English: The Secret To Speak English Like A Native In 6 Months For Busy People (Including 1 Lesson With Free Audio & Video) (Spoken English, listen English, Speak English, English Pronunciation) Stop Smoking in One Hour: Play the CD... just once... and never smoke again! (Listen Just Once to the CD and Youll Never Smoke Again!)

[Dmca](#)